

The Cane Creek Cookbook



*Cane Creek Baptist Church
Orange County, N.C.
Established 1789*

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Introduction

The Cane Creek community is nestled in the center of Orange County, North Carolina. For over 200 years, Cane Creek Baptist Church has served as a focal point of the community. A picture of tranquillity, Cane Creek Baptist Church is surrounded by rolling hills and sprawling farmland. Still an active dairy farming community, some of the farms have been in the same families for more than five generations.

Many changes have taken place in our community during recent years. New families have moved into the area. "The store" is now an auto repair garage, and bicyclists come in droves to cruise the curves and hills of Dairyland and Orange Grove Roads. Through all of the changes, the people of our community have clung strongly to three guiding principals: work hard, love the land, and worship God.

Throughout the history of Cane Creek, meals around tables have served an important role in bonding us together--as families, as a church, and as a community. This cookbook is a celebration of the love and community spirit shared around those tables.

Without the contribution of many people, this cookbook would not have been possible. The recipes in the book are a collection of favorite dishes submitted by the members of Cane Creek Baptist Church, their families and friends.

The pictures used on the divider pages were provided by Ed Johnson and Quentin Patterson. The pictures are of scenes in our community. The sketch on the title page was done in 1975 by Tom Patterson from an old photograph of the old church building. The drawing on the cover is of the present church building and was sketched by Carroll Lassiter in 1990. Computer assistance for this cookbook was provided by Chris Gambill.

We wish to express our sincere appreciation to everyone who contributed to the success of this special cookbook.

Pat Griggs and Joy Gambill
Editors

**CANE CREEK BAPTIST CHURCH:
A BRIEF HISTORICAL SKETCH**

Submitted by Edward Johnson

August, 1992

This year marks the two hundred and third anniversary of the founding of Cane Creek Baptist Church. Our church was founded in August, 1789 when nine settlers came together as trustees to buy an acre of land for a meeting house. It is the oldest Baptist church in Orange County and one of just a handful of churches to have been in continuous existence for over 200 years.

Cane Creek's first pastor was Thomas Cate, the son of a Quaker shoemaker who had migrated to North Carolina from his birthplace in Virginia. He received his religious training at the Haw River Baptist Church near Bynum. This church was an "arm" of North Carolina's original "Separate" Baptist Church located at Sandy Creek in Guilford County.

Students of religious history credit Sandy Creek's pastor, Shubal Stearns, with being the founder, in 1755, of a church, and later an Association, that led directly to the formation of the Southern Baptist Convention.

Although the Cane Creek Meeting House was built in 1789 by a Baptist, the congregation did not affiliate with a Baptist Association until 1807. The delay may well have been caused by early doctrinal differences between the dynamic outreaching Separate Baptists and the more Calvinistic Particular Baptists to the east. In this year Cane Creek cast its lot with the Sandy Creek Association and became an active participant in association affairs.

Our early Church records were destroyed by fire in 1829. The earliest Sandy Creek records are preserved in a centennial history written in 1859 by George Purefoy, one of our former pastors. His history indicates a congregation of 45 individuals at Cane Creek in 1816. A rough estimate would divide these into 15 men, 20 women and 10 slaves.

After Thomas Cate, the next pastor whose identity is known was Stephen Pleasant. He had formerly preached at a Church in Caswell County but had been dismissed by his congregation when he objected to their anti-mission feelings. At Cane Creek he found a congregation that

shared his support for the mission cause. Pleasant remained as pastor at Cane Creek until 1839.

While in Orange County Pleasant formed the Beulah Association, and Cane Creek left Sandy Creek to become a member. For its entire stay in the Beulah Association (1837-1870), Cane Creek was its largest church with a membership of over 200. When the Mt. Zion Association was formed in 1870, Cane Creek became a charter member and has remained a member ever since.

Beginning with J. C. Wilson (pastor from 1852 to 1856), all of Cane Creek's pastors have received formal theological training, most being graduates of Wake Forest. Besides Cate and Pleasant, other prominent Cane Creek pastors include: George Purefoy (pastor from 1839 to 1852), author of many tracts, articles, and books and described as one of the best educated North Carolinians of his time; F. M. Jordan, who after his stay at Cane Creek went on to pastor churches in some of North Carolina's larger cities such as Greensboro and Raleigh leaving a legacy as a builder of fine new church buildings; and J. F. McDuffie, who led the congregation in the construction and operation of Orange Grove Academy, a multi-grade school, during his stay at Cane Creek (1896-1907). This Academy continued in existence until tax supported public schools were constructed across the county around 1910.

The original meeting house was a rough and drafty log building about 25 feet wide by 35 feet long with a dirt floor and crude wooden benches. It was located on a ridge overlooking Cane Creek about a half mile northwest of the present building. Tradition has it that the original rough log meeting house was replaced at that spot by a larger and more comfortable building.

In 1852, the congregation bought the present tract on Orange Grove Road and built its third church house. This served until the late 1880's when a much larger building was erected. This old wooden church was attended by many of the older members of the present congregation. The present sanctuary was build in 1949-1950 and an education wing was added shortly thereafter.

Over the years, Cane Creek has been the mother church for many other Baptist churches. Among these are Antioch, Mars Hill, Cross Roads, Moore's Chapel in Saxapahaw and Hickory Grove. In its 200 years over 2000 people have been listed on the rolls of Cane Creek Baptist Church.

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The Cane Creek Cookbook



The Old Church, Built in 1884

December, 1992

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*Appetizers, Beverages
&
Relishes*



COTTAGE CHEESE DIP

4 oz. Low Fat Cottage Cheese 1/2 tsp. Worcestershire sauce
1 tbsp. Fat Free-Cholesterol 1 small diced onion
Free Mayonnaise

Mix well. Serve with chips. Serves 8.

Evelyn Patterson

CRAB MEAT DIP

1 (8 oz.) cream cheese 1/4 cup chopped onion
1 tbsp. Worcestershire sauce 1 can crab meat (small)

Heat for 20 minutes at 350 degrees.

Phyllis Padgett

DILL DIP

1/3 cup sour cream 1/2 tsp. dill weed
1/3 cup mayonnaise 1 tbsp. parsley flakes
1 tsp. seasoned salt

Mix well. This is better if made several hours before serving.

Pat Griggs

VEGETABLE DIP

2/3 cup Hellman's mayonnaise 1 tbsp. parsley flakes
2/3 cup sour cream 1 tbsp. Beau Monde
1 tbsp. dried onion 1 tsp. dill weed

Mix well. Best to set overnight.

Karen Sexton

LEMON CREAM DIP FOR FRUIT

2 eggs	1/2 cup water
1 cup sugar	1 tsp. vanilla
1/3 cup Real Lemon juice	1 cup (1/2 pint) whipping cream
1 tbsp. cornstarch	whipped

In bowl beat together eggs, 1/2 cup sugar and Real Lemon. In saucepan, combine remaining sugar and cornstarch. Stir in water. Cook and stir until thickened, remove from heat. Gradually beat in egg mixture. Cook over low heat and stir until slightly thickened. Add vanilla. Cool mixture, fold in whipped cream. Serve with fresh fruit. Refrigerate leftovers.

Pam Kirk

"REAL" SALSA

4 ripe tomatoes, chopped	1/4 cup chopped cilantro (or 2
1 large white onion, chopped fine	tblsp. dried leaves)
1 tsp. ground cumin powder	1/4 cup olive oil
1 hot chili pepper, minced*	Salt, pepper & pinch of sugar
	Juice of one small lemon

Mix tomatoes and onions, pour olive oil over and mix well. Add hot peppers and lemon juice. Mix rest of ingredients. Let set at room temperature for one hour before serving with corn chips.

*Adjust the hot pepper to taste. This makes a "medium hot" salsa.

Nancy Holt

DRIED BEEF BALL

1 (8 oz.) cream cheese room	1/2 tsp. Worcestershire sauce
temperature	1/4 tsp. Accent
1 small jar dried beef	Optional: 2 spring onions

Dice beef and onions in food processor. Mix remaining ingredients together. Form into ball. Store in refrigerator.

Susan Nichols

SAUSAGE CHEESE BALLS**3 cups bisquick****1 pound hot sausage****1/2 pound grated sharp cheese**

Mix all ingredients well. Form into small balls. Place on cookie sheet and bake until done. Cook about 15 minutes at 350 degrees. Makes about 75 balls.

Billie Johnson

HAMBURGER DORITO BAKE**Doritoes****1/2 pound hamburger****1 cup grated cheese****Jalapeno peppers (optional)**

Crumble hamburger in pan and drain well. Spread Doritoes in square pan. Spread hamburger over Doritoes. Sprinkle cheese over hamburger. Bake at 350 degrees until cheese melts.

Glenda Satterfield

RANCH PRETZELS**2 pounds hard pretzels
(broken in pieces)****1 cup oil****1 package Hidden Valley Ranch
Dressing Mix****1/2 tsp. garlic powder****1/2 tsp. lemon and pepper spice**

Mix oil, ranch dressing, garlic powder and lemon/pepper spice in measuring cup. Spread pretzels in roasting pan and drizzle dressing mixture over pretzels. Stir. Bake at 200 degrees for 1 hour, stirring every 15 minutes.

Shirley Rishel

PICKLED MUSHROOMS

- | | |
|---|-----------------------------------|
| 1 pound fresh mushrooms | 2 bay leaves |
| 1 1/4 cups cider vinegar | 8 celery leaves |
| 1/3 cup water | 3 sprigs parsley or 1 tsp. |
| 1 tbsp. instant minced
onion | dried parsley |
| 8 peppercorns or 1/2 tsp.
pepper | |

Wash and pat mushrooms dry. Put other ingredients in saucepan and bring to a boil. Reduce heat and simmer 5 minutes. Pour over mushrooms. Pack in jar and cover with tight lid. Refrigerate at least 24 hours.

Leta Bradshaw

PARTY HAM BISCUITS

- | | |
|--------------------------------------|---------------------------------|
| 1 stick margarine, softened | 1/2 pound Swiss cheese |
| 3 tbsp. mustard | (grated or sliced) |
| 3 tbsp. poppy seed | 1/2 pound ham chopped |
| 1 medium onion grated | (use light sliced ham) |
| 1 tsp. Worcestershire sauce | Soft margarine for bread |
| 3 packs (12 each) party rolls | |

Mix first 5 ingredients well. Split rolls and spread one side lightly with margarine. On other side spread 1/3 of poppy seed mix. Top with 1/3 of cheese and 1/3 of ham. Put back in tin foil pans and bake in 400 degree oven for about 10 minutes till cheese is melted. Can be made ahead and frozen. Thaw and bake as above.

Kitty Bradshaw

FROZEN PUNCH

- | | |
|---------------------------------|------------------------------------|
| 6 cups sugar | 1 large can pineapple juice |
| 9 cups water | 1 bottle apple juice |
| 1 large can orange juice | 3 large bottles ginger ale |

Boil sugar and water together 5 minutes. Cool. Add juices, mix well and freeze until needed. This amount will serve 50 people and is best served before it completely thaws. Add ginger ale at serving time.

Glenda Satterfield

LEMON PUNCH

Ginger ale	12 ounce can frozen lemonade
2 packages lemon Kool-Aid	46 ounce can pineapple juice
2 cups sugar (more or less)	

Dissolve sugar and Kool-Aid in small amount of warm water. Add thawed lemonade and pineapple juice. Stir well. Add water to make one gallon of punch. Add ginger ale just before serving. The Kool-Aid mix can be frozen to slushy state if desired.

Kitty Bradshaw

LIME PUNCH

1 package lemon/lime Kool-Aid	2 quarts water
1 tall can pineapple juice	2 liters ginger ale
1 cup sugar	

Mix Kool-Aid with sugar. Add water. Add pineapple in gallon jug. Add 1 liter of ginger ale to each gallon of punch right before serving.

Joy Gambill

WMU PUNCH

1 gallon sherbet (any flavor)	1/2 gallon vanilla ice cream
2 quarts ginger ale	

The above ingredients will make one punch bowl of delicious punch.

Joy Gambill

RELISH

4 quarts green tomatoes	3 quarts vinegar
4 quarts cabbage	2 cups salt
24 green peppers	2 quarts water
2 quarts onions	1/2 cup mustard seed
9 cups sugar	1/4 cup celery seed

Chop first four ingredients and put in large container (covered) and let soak overnight. Drain and add the remaining ingredients. Boil for 5 minutes. Pack in jars. Process for 20 minutes at 10 pounds pressure. Yields approximately 16 quarts.

Peggy Hamlett

CHOW CHOW

1/2 gallon chopped red and green tomatoes	1 large red sweet pepper, chopped
1 quart chopped cabbage	2 hot peppers (or to taste)
1 quart chopped onions	1 quart vinegar
4 large green sweet peppers, chopped	1 tsp. salt
	4 cups sugar (I try 2 1/2 first)

Chop and mix all vegetables. Bring vinegar, salt and sugar to boil. Add vegetables and bring to a boil. Simmer till thick. Stir often. Will make about 7 or 8 pints of chow chow.

*If you like your chow chow hot, add more pepper. If you like it sweet, add more sugar also.

Kitty Bradshaw

DILL PICKLES

Make brine of:

1 cup canning salt
3 quarts water
1 quart vinegar

Bring to a full boil. Put in bottom of each jar: **pinch of alum, 2 heads of dill (or 1 tsp. dill seed), 1 pod hot pepper, 1 grape leaf, and 1 clove garlic.** Pack washed cucumbers in jar and cover with hot brine. Seal. Let set for about 4 weeks before eating. Put in refrigerator to make crisp.

Laura Felmet Smith

SWEET PICKLES

**1 to 1 1/2 pounds pickling
salt
2 gallons cucumbers
2/3 box alum**

**1 gallon vinegar
10 cent box pickling spices
Sugar**

First day: Wash cucumbers. Dissolve salt in hot water and pour over cucumbers. Let stand 24 hours.

Second day: Pour off salt water. Dissolve 2/3 box Alum in water and pour over cucumbers. Cover with boiling water and stand 24 hours.

Third day: Pour off alum water. Cover with boiling water and stand another 24 hours.

Fourth day: Boil 1 gallon vinegar and spice (in a bag) for 20 minutes. I add stick cinnamon and whole cloves to the spices. Add a small amount of green color to vinegar if desired. Pour over cucumbers and let stand nine days.

After nine days, take cucumbers out of vinegar, cut in pieces ready to serve. Pack in glass jar or crock, layer of cucumbers and layer of sugar. Be sure to cover with sugar. Do not use any of the vinegar because it soaks out of the cucumbers. Sugar is very important. Use layers of each until jar is filled. Cover jar but do not seal.

Chapel Hill Cookbook

by Mrs. Johnny Edwards

Submitted by: Patsy Ray

*Soups
&
Salads*



CHILLED CARROT SOUP

1 pound carrots	1 3/4 tsp. salt
2 tbsp. butter	1/8 tsp. white pepper
2 (13 3/4 oz.) cans chicken broth	1/2 cup fresh orange juice
1 medium onion, chopped	1 cup light cream
1 bay leaf	Parsley sprigs

Scrape carrots and chop into small pieces. Melt butter in large saucepan, add chicken broth, carrots, onion, bay leaf, salt and pepper. Bring to a boil. Cover and simmer until carrots are tender, about 30 to 35 minutes. Puree carrot mixture in blender. Cool. Add orange juice and cream. Chill at least 6 hours. Serve in chilled bowls and garnish with sprigs of parsley. Can be served hot also. Serves 6.

Daphne Andrews

MICROWAVE CHILI

1 pound lean ground beef	1 (6 oz.) can tomato paste
1/2 cup chopped onion	1 tsp. beef bouillon granules, dissolved in 3/4 cup water
1/2 cup chopped green pepper	1 tbsp. chili powder
1/4 cup chopped celery	1/2 tsp. ground cumin (optional)
1 (15 oz.) can pinto, chili, or kidney beans	1/2 tsp. salt
1 (16 oz.) can stewed tomatoes	1 small bay leaf

Use 4 quart cooker. Crumble meat and arrange in a circle around outside edge of cooker. Spoon onion, green pepper and celery into the center. Cover. Microcook on High 5 to 7 minutes or until meat is brown. Drain. Add remaining ingredients. Cover. Microcook on High 5 minutes. Stir. Cover. Reduce to Medium (50%) and microcook 25 to 30 minutes. Let stand 5 minutes. Serves 4.

Jenny Bryant

NEW ENGLAND CLAM CHOWDER

2 dozen medium quahog clams	1/2 cup chopped onion
or 2 (7 1/2) oz. cans clams	2 cups milk (or substitute Half & Half)
or 1 pint shucked clams	1 cup light cream
1/4 lb. salt pork, minced	3 tbsp. flour
4 c. diced, peeled potatoes	1 1/2 tsp. salt

If using clams in shell, place in large kettle. Add 1 cup water. Cover and bring to boiling. Reduce heat. Steam just till shells open, 5-10 minutes. Remove clams from shell.

Dice clams. Strain liquid reserving 1/2 cup. Fry salt pork in strips until crisp. Remove bits of pork; reserve. Add 1/2 cup clam liquid, 1 1/2 cups water, potatoes, onion (chopped celery and mushrooms optional) to fat. Cook covered till potatoes are tender, 15-20 minutes.

Add clams, 1 3/4 cups milk and cream. Blend remaining milk and flour. Stir into chowder. Cook and stir till boiling. Add salt and a dash of pepper; top with crumbled salt pork. Makes 6 servings.

Lance Kress

FRENCH ONION SOUP

4 medium onions	Salt and pepper
1 tbsp. butter	Rounds of toast
1 quart brown stock	Grated parmesan cheese
1/2 tsp. Worcestershire sauce	

Slice onions thin and brown in butter. Add broth, Worcestershire sauce, salt and pepper and simmer until tender. Pour soup in casserole. Arrange toast on top of soup, sprinkle with grated cheese and place under broiler until cheese melts and browns. Serves 4.

Martha Kirk

HOT AND SOUR SOUP

3 cans chicken broth	1/4 tsp. black pepper*
1/2 pound lean pork (optional)	1/4 pound tofu
1/2 pound sliced mushrooms	1/4 cup cold water
1/2 cup sliced bamboo shoots	3 tbsp. cornstarch
5 tbsp. vinegar	1 egg beaten
3 tbsp. soy sauce	2 tsp. sesame oil
1/2 tsp. red pepper flakes	1/4 cup chopped green onion

Slice meat in thin strips and cook in small amount of water, about 30 minutes. Add broth, mushrooms, shoots, vinegar, soy sauce and peppers. Bring to a boil and simmer 30 minutes. Add tofu. Mix water and cornstarch and add, simmer 2 minutes. Just before ready to serve, add egg slowly to boiling soup. Stir once or twice. Add drop of oil and onions in serving bowls.

*Adjust pepper to personal taste.

Kitty Bradshaw

CREAM OF POTATO SOUP

Potatoes (peeled and cubed)	2 tbsp. flour
Salt and pepper	2 cups milk
2 tbsp. margarine	2 onions (sliced)
	1 tbsp. parsley (optional)

Cook onions and potatoes together until tender. Pour off some of the water. Melt margarine, add flour, slowly stir in milk over medium heat and add to potatoes. Simmer for 15 minutes. Add bacon bits or shredded cheese (if desired).

Betty Holmes

BLUEBERRY SALAD

2 small boxes concord grape jello 1 cup blueberries
1 cup crushed pineapple

Dissolve jello in 1 1/2 cups hot water. Drain pineapple and blueberries. Add to jello and let chill.

Topping:

1 cup sour cream
1 (8 oz.) package cream cheese
1/2 cup sugar

Combine ingredients and layer over chilled jello.

Karen Sexton

BROCCOLI SALAD

2 heads broccoli	<i>Sauce:</i>
1 medium red onion	1 cup Hellman's light
1 pkg. salted sunflower seeds	mayonnaise
1 cup raisins	1/3 cup sugar
1 pound bacon cooked very	2 tbsp. white vinegar
crisp, crumbled	

Cut broccoli into flowerets, chop onion; mix all items together. Pour sauce over other ingredients. Refrigerate at least 2 hours before serving.

Mary Lin Truelove

BROCCOLI SALAD

1 bunch broccoli, washed	12 slices of bacon (cooked
and diced (discard tough	and crumbled)
parts of stalk)	1 cup sunflower seeds (I use
1 onion chopped fine (I use	toasted, salted ones)
green onion)	

Toss above ingredients together.

Dressing:

1 cup mayonnaise
2 tbsp. vinegar
1/3 cup sugar

Mix and let set 2 to 3 hours or over night. Toss all together and serve.

Billie Johnson

BROCCOLI & CAULIFLOWER MARINATE

4 stalks fresh broccoli	2 tsp. dry mustard
8 large fresh mushrooms, sliced	1 tsp. salt
1 green pepper, chopped	1/2 cup vinegar
3 ribs celery, chopped	1 1/2 cup vegetable oil
1 head cauliflower, broken into flowerets	1 small onion, grated
1 cup sugar	2 tbsp. poppy seed

Remove flowerets from broccoli. Cut into bite size pieces. Combine vegetables. Toss lightly. Combine remaining ingredients. Mix well and pour over vegetables. Chill at least 3 hours. Serves 10 to 12.

Joy Gambill

CHICKEN SALAD

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|--|--|
| 1 (3 1/2 to 4 pound) chicken
cooked and ground coarsely | 1 cup chopped sweet pickle
mayonnaise |
| 1 1/2 cups broth (more if needed) | salt and pepper to taste |
| 3 large boiled eggs, mashed | 1 tbsp. white vinegar, if needed |
| 1 cup diced celery | |

Cool broth completely and skim off all grease. Warm broth until it will mix well.

Mix together ground chicken, eggs, celery and pickles. Add broth to mixture to make it at least 1/2 as moist as the finished mixture will be. Add mayonnaise, salt and pepper to taste. If added zest is needed, add white vinegar.

"I remember as a small child my mother making it this way, and so do I."

Rebecca Crawford

COCA-COLA JELLO SALAD

- | | |
|--|--|
| 2 (3 oz.) packages black cherry
jello | 1 large can (seedless) black
cherries |
| 1 large can crushed
pineapple | 1 cup chopped nuts |
| | 2 small coca-colas |

Drain juice from cherries and pineapple. Add enough water to make 2 cups of liquid. Bring to a boil. Pour over jello to dissolve, then add coca-cola, fruits and nuts. Refrigerate until it sets.

Betty Dodson

CRANBERRY SALAD

- | | |
|--|-------------------------------|
| 8 oz. can crushed pineapple | 1/4 cup chopped celery |
| 1 (3 oz.) package raspberry
gelatin | 1/4 cup chopped nuts |
| 16 oz. can whole cranberry
sauce | |

Drain pineapple, saving juice. Add water to make 1 1/4 cup liquid. In saucepan, heat liquid to boil, remove from heat. Stir in gelatin, then stir in cranberry sauce. Cool in refrigerator until thick, then stir in celery and nuts.

Lucy Fort

MOTHER'S CRANBERRY SALAD

2 cups hot water	2 boxes black cherry jello
1 1/2 cups sugar	1 cup chopped pecans
1 pound fresh cranberries	1 can crushed pineapple (large)

Boil water, sugar and cranberries until berries begin to split. Remove from heat and add jello, stir until dissolved. Add pecans and crushed pineapple. Chill till firm.

Pat Griggs

FRUIT SALAD

1 large can sliced peaches	1 large can maraschino cherries, drained
1 large box instant vanilla pudding	1 large can fruit cocktail, drained
1 large can pineapple chunks, drained	3 bananas
1 large can mandarin oranges, drained	

Night before serving: combine peaches with pudding mix. Drain other fruits and stir in. Just before serving: slice bananas, dip in lemon juice and mix with other fruit.

Lila Kirk

LIME SALAD

2 packages lime jello (small) **1 (8 oz.) package cream cheese**
2 cups water **1 small can crushed pineapple**
2 cups tiny marshmallows **1 cup chopped pecans**
1 cup cold water

Cook 2 cups water and marshmallows in a saucepan over medium heat until marshmallows melt. Add jello and dissolve thoroughly. Put cold water and cream cheese in blender and whip until blended. Pour all ingredients into the blender and whip.

Spread pineapple in an 8x13 baking dish, sprinkle pecans over the pineapple. Pour jello mixture over the pecans. Cover the mixture with saran wrap and chill until firm.

Pat Griggs

PINEAPPLE SALAD

20 ounce can crushed pineapple **2 cups buttermilk**
1 tbsp. sugar **8 oz. Cool Whip**
1 (6 oz.) jello (any flavor) **1 cup chopped nuts**

Combine sugar and pineapple in saucepan; bring to a boil, stirring occasionally. Remove from stove. Add jello; stir until dissolved. Cool. Add buttermilk and mix well. Fold in Cool Whip. Add pecans, pour into 12x8x2 inch dish. Sprinkle top with chopped pecans. Chill until set. Cut into squares and serve.

Dale Andrews

PRETZEL SALAD

2 cups crushed pretzels **3/4 cup oleo (melted)**
 (not too fine) **3 tbsp. sugar**

Mix together. Put into 8x10 dish. Bake at 400 degrees for 8-10 minutes. Cool.

Second Layer:

1 (8 oz.) package cream cheese
1 cup sugar
2 cups cool whip

Mix together cream cheese and sugar. Fold in cool whip. Spread over pretzel mixture.

Third Layer:

2 small or 1 large package(s) strawberry jello
2 cups boiling water
2 (10 oz.) packages frozen strawberries

Stir until dissolved. Set in refrigerator for 10 minutes. Pour over cream cheese mixture. Keep in refrigerator until ready to serve.

Vicki Felmet McGee

SALMON SALAD

1 (15 1/2 oz.) can pink or red **1/8 tsp. pepper**
 salmon, drained & flaked **2 tbsp. chopped dill pickle**
1 tsp. prepared mustard **6 medium tomatoes peeled**
1 tbsp. lemon juice **mayonnaise**
2 hard cooked eggs, chopped **paprika**
2 tbsp. mayonnaise **leaf lettuce**

Combine salmon, mustard, lemon juice, eggs, mayonnaise, pepper and dill pickle in a medium mixing bowl, stirring well. Cover and refrigerate until chilled. Cut each tomato into 8 wedges, cutting to, but not through base of tomato. Spread wedges apart to form shell. Spoon salmon salad into tomato shells. Top with mayonnaise and sprinkle with paprika.

Serve on lettuce lined plates. Serves 6.

Daphne Andrews

SEVEN CUP SALAD

1 cup grated coconut	1 cup crushed pineapple
1 cup cottage cheese	1 cup fruit cocktail
1 cup sour cream	1 cup miniature marshmallows
1 cup chopped nuts	

In large bowl, combine all ingredients. Cover and refrigerate for at least 24 hours.

Marybelle Kirk

SEVEN LAYER SALAD

Layer of lettuce	Layer of peas (drained)
Layer of cucumber	Layer of cheese (grated)
Layer of onion	Layer of mayonnaise

Chill overnight, then toss. Top with bacon bits.

Pam Kirk

SLAW

1 gallon chopped cabbage	1 1/2 cups tomato catsup
1 1/2 cups vinegar	Salt & pepper to taste
1 1/2 cups sugar	Hot sauce to taste

Chop cabbage until very fine. Mix all ingredients thoroughly and refrigerate. This can be stored in the refrigerator for several weeks.

Pat Griggs

FREEZER SLAW

1 medium cabbage head	1 tsp. mustard seed
1 tsp. salt	1 tsp. celery seed
1 carrot	Dressing
1 green pepper	

Chop or shred cabbage. Add salt and let stand one hour. Squeeze all brine from cabbage. Add shredded carrot, chopped green pepper, mustard seed and celery seed to cabbage. Pour dressing over mixture. Pack in containers and freeze. Thaw and serve.

Dressing: In saucepan, combine **2 cups sugar, 1 cup vinegar, and 1/4 cup water**. Boil mixture for one minute. Cool to lukewarm.

Diane Kress

SOUTHERN CONGEALED SALAD

1 package orange jello
1 pint vanilla ice cream
2 cups crushed pineapple,
drained

1 cup pecans, finely chopped
1 small jar maraschino cherries

Dissolve jello in 1 cup boiling water, then add vanilla ice cream, pineapple, pecans, and cherries. Chill.

Susan Nichols

STRAWBERRY SALAD

1 (3 oz.) package strawberry
jello
1 (20 oz.) can crushed pineapple

1 (8 oz.) carton cottage cheese
1 large container cool whip
1/2 cup chopped pecans, optional

Put pineapple in pan and heat to boiling. Pour dry jello in bowl, pour hot pineapple over dry jello. Put in refrigerator until gel-like, then fold in remaining ingredients, return to refrigerator.

Priscilla Lloyd

STRAWBERRY SALAD

- | | |
|--|---|
| 1 (3 oz.) packages strawberry jello | 1 (8 or 9 oz.) container cool whip |
| 1 (20 oz.) can crushed pineapple | 1 cup chopped pecans |
| 1 (8 oz.) carton cottage cheese | |

Pour dry jello into bowl. Put pineapple in pan and heat to boiling. Pour over jello and mix well. Put in refrigerator and gel slightly. Fold in other ingredients. Mix well. Pour in mold. Chill.

Ann Nicholson

SWEET PICKLES

- | | |
|--|----------------------------|
| 1 quart hamburger dill slices (drained) | 1/2 cup vinegar |
| 2 cups sugar | 1 tsp. mustard seed |
| | 1 tsp. celery seed |

Mix all ingredients together and pour over pickle slices.

Karen Sexton

CELERY SEED DRESSING

- | | |
|---------------------------|------------------------------|
| 1/2 cup sugar | 3 tbsp. grated onions |
| 1 tsp. dry mustard | 1 cup oil |
| 1 tsp. salt | 1/3 cup vinegar |
| 2 tsp. celery seed | |

Put all ingredients in a jar with a tight fitting lid. Shake and mix well. Chill till ready to use.

Leta Bradshaw

BLUE CHEESE DRESSING

2 cups mayonnaise	1/2 tsp. salt
1 tsp. lemon juice	1/4 tsp. pepper
1 tsp. white vinegar	1/4 tsp. garlic powder
1/4 cup buttermilk	1 (4 oz.) package blue cheese,
1/2 cup sour cream	crumbled

Combine all ingredients except blue cheese and mix well. Gently stir in blue cheese. Refrigerate several hours. Makes about 3 cups.

Kitty Bradshaw

NUTS

Nutmeats are good sources of protein, are high in calories (largely monounsaturated fats), but have no cholesterol. The exceptions are coconut and macadamia nuts, both are unacceptably high in saturated fats. The following may be used in cooking or eaten as snacks:

Almonds	Hazelnuts	Pistachio Nuts
Brazil Nuts	Butternuts	Pumpkin Seeds
Cashews	Pecans	Sunflower Seeds
Chestnuts	Pine Nuts	Walnuts

Main Dishes



BARBECUE SAUCE FOR CHILDREN

1 stick butter	2 tbsp. Worcestershire sauce
2 tbsp. vinegar	3/4 cup water
1 tsp. chili powder	1 tsp. salt
3/4 cup tomato catsup	Black pepper to taste
2 small onions, chopped	

Simmer in heavy skillet for 45 minutes. Pour sauce over chicken & cook slowly in oven uncovered for 2 to 3 hours. Also good for marinating chicken before grilling.

Karen Sexton

JIFFY BARBECUE SAUCE (GOOD)

1/2 cup oil	3 tbsp. sugar
3/4 cup onion, chopped	3 tbsp. Worcestershire sauce
3/4 cup ketchup	3 tbsp. prepared mustard
3/4 cup water	2 tbsp. salt
1/3 cup lemon juice	1/2 tsp. pepper

Mix and bring to full boil. Cool. Stores well in refrigerator.

Decie Kenyon

AMERICAN HEART ASSOCIATION BARBECUE SAUCE

1/4 cup water	3 tbsp. Worcestershire sauce
1/4 cup vinegar	1 tbsp. dry mustard
2 tbsp. oil	freshly ground black pepper
1/2 cup chili sauce or catsup	2 tbsp. chopped onion

Combine all ingredients and simmer for 15 to 20 minutes. Good with beef, pork or chicken.

Pat Griggs

MARINATE FOR SHISH KEBABS

1/2 cup Worcestershire sauce	1/2 tsp. garlic powder
1/2 cup soy sauce	1/2 tsp. onion salt
1 cup cooking oil	1/2 tsp. pepper

Select tender lean beef and cut into servings for shish kebabs. Combine ingredients and pour over beef. Marinate overnight before grilling.

Joy Gambill

WHAT'S IN THAT MARINATE?

2 bottles of Paul Newman Oil & Vinegar Dressing	2 tbsp. prepared mustard
1 tbsp. grated flakes or minced garlic	1 tbsp. Italian seasoning
1 tsp. black pepper	3 tbsp. chopped chives of onion
1 tsp. white pepper	4 chicken breasts (skinned)

Mix all ingredients well and marinate chicken 2 hours before grilling.

"I only do two breasts for us and store half the mixture in one of the dressing bottles and refrigerate until I need it. It will keep for about one week."

Billie Johnson

BAKED CHICKEN BREASTS

1 package dried beef	1 cup sour cream
4 chicken breasts or 8 half breasts (deboned)	1 can undiluted cream of mushroom soup
8 strips bacon	

Cover bottom of casserole with dried beef. Wrap chicken breast in two strips of bacon each (one piece for half chicken breast). Add sour cream, then cover with mushroom soup. Cover and bake for three hours at 375 degrees. Uncover for last few minutes. Serve.

Billie Johnson

CREATE A CASSEROLE (MICROWAVE)

5 oz. of your favorite pasta, cooked and drained	1/8 tsp. garlic powder or onion powder
1 (10 3/4 oz.) can cream soup	1 to 1 1/2 cups tuna or salmon, shrimp, chicken, etc.
1/2 cup mayonnaise	Buttered crumbs, corn flake crumbs, French fried onion rings or crushed potato chips
1/2 cup milk or white wine	
1 cup shredded cheese	
1/2 tsp. herb (basil, thyme, dill, or oregano)	

Combine soup with mayonnaise and liquid in casserole. Add remaining ingredients except for topping. Cover with wax paper. Microcook on Medium High (70%) 7 to 9 minutes, stirring once. Remove wax paper and sprinkle with topping. Microcook, uncovered on Medium High (70%) 1 to 2 minutes.

Jenny Bryant

BETTY'S CHICKEN

Chicken breast	Creamy Italian dressing
Ritz crackers (crushed)	

Cut breast in bite size pieces and remove skin. Rinse in cold water and dip in Ritz crackers. Spray casserole with Pam, add chicken. Pour dressing over chicken. Cover and bake at 350 degrees.

Betty Holmes

CRISPY BAKED CHICKEN

1/2 cup mayonnaise	1/8 tsp. pepper
1 tbsp. lemon juice	3 pound broiler-fryer chicken
1/2 tsp. Worcestershire sauce	1 1/3 cups Italian bread crumbs
1/8 tsp. garlic powder	

In a small bowl combine the first 5 ingredients. Brush or coat chicken pieces on all sides with mayonnaise mixture. Place the bread crumbs in a large plastic food bag. Add chicken one piece at a time, shake to coat well. Arrange chicken on a rack in broiler pan. Bake in 425 degree oven for 40 minutes or until golden brown and tender.

Pat Griggs

LOW-FAT BAR-B-QUE CHICKEN

6 chicken breast halves with skin and fat removed	1/4 cup Fleishmann's or Promise margarine (in container)
3/4 cup tomato catsup	1 heaping tbsp. brown sugar
1/2 cup vinegar	Dash of garlic powder
1/2 cup Dillard's Barbecue sauce	1 tsp. Worcestershire sauce

Boil above ingredients in sauce pan for a few minutes. Boil chicken until tender in water with two or three pieces of celery. Place chicken on grill a few minutes if charcoal taste is desired. Pour sauce over chicken and cook in oven at 400 degrees until it bubbles.

Patsy Ray

GOLDEN BARBECUED CHICKEN

1 tbsp. melted butter or margarine	1 tbsp. Worcestershire sauce
1 tbsp. sugar	1/8 tsp. pepper
1 tbsp. lemon juice	2 chicken quarters
1 tbsp. mustard	

Combine first 6 ingredients in a small bowl; mix well. Place chicken in a lightly greased square baking dish. Pour sauce over chicken. Bake, uncovered at 350 degrees for 45 minutes. Increase temperature to 400 degrees and bake an additional 10 minutes.

Susan Nichols

CHICKEN CACCIATORE (MICROWAVE)

1 pkg. chicken or turkey breasts (approx. 1 1/2 pounds) cut a little larger than bite size	1/2 cup chopped onion
1 can (15 oz.) tomato sauce	1 tbsp. sugar, optional
1 jar (4 1/2 oz.) sliced mushrooms, drained	1 tsp. oregano
	1 tsp. salt
	1 clove garlic, finely chopped
	1/4 tsp. pepper

Arrange chicken in 12x8-inch dish with meatier portions toward edge of dish. Combine remaining ingredients, pour over chicken. Cover with wax paper. Cook at HIGH about 15 minutes. Chicken should be tender. Let stand, covered, 5 minutes. Serve, if desired, with spaghetti.

Jenny Bryant

CHICKEN CASSEROLE

1 chicken (cooked, deboned and skin removed)	2 cups chicken broth
1 small package Pepperidge Farm dressing mix	1 can cream of chicken soup
	1 stick margarine

Melt margarine, add dressing mix (all except 1 cup for topping). Mix and press into baking dish. Place chopped chicken on top of dressing. Mix broth and soup and pour over chicken. Sprinkle 1 cup of dressing mix on top and bake at 350 degrees about 25 to 30 minutes.

Barbara Sykes

CHICKEN CASSEROLE

1 chicken cooked, deboned	CRUST:
1 1/2 cups chicken broth	
1 can cream of chicken soup	1 1/2 cup Bisquick
1 stick margarine	1 1/2 cup milk

Place chicken in greased casserole dish. Mix and heat broth, cream of chicken soup, and margarine. Pour over chicken. Mix together Bisquick and milk. Pour over chicken mixture and bake at 350 degrees for 40-45 minutes until golden brown.

Marybelle Kirk

CHICKEN CASSEROLE

**4 chicken breasts, cooked
until tender** **1 package Ritz crackers**
1 small carton sour cream **1 stick margarine**
1 can cream soup

Cut chicken into small pieces and place in casserole. Mix soup and cream together and spread over chickens. Roll crackers and mix with margarine. Spread over top of casserole. Bake 20 minutes at 325 degrees.

Martha Kirk

CHICKEN CASSEROLE

**2 cups cooked and chopped
chicken** **1 can cream of celery soup**
1 can French beans, drained **1 small can/jar pimento**
**1 can sliced water chestnuts,
slightly chopped** **1 box Uncle Ben wild rice**
1 medium onion, chopped fine **(cooked as directed)**
1/2 cup mayonnaise (low fat) **Salt if desired**
Pepper as desired

Cook rice, mix rice and all ingredients together. Put in casserole. Cover and bake at 350 degrees for 30 minutes. This freezes well, and the mixture can be divided--half to cook and half to freeze for later.

Lucy Fort

RITZ CRACKER CASSEROLE

**4 chicken breasts, cooked
until tender** **1 package Ritz crackers**
1 small carton sour cream **1 stick margarine**
1 can cream of chicken soup

Cut chicken into small pieces and place in casserole. Mix soup and sour cream together and spread over chicken. Crush crackers and mix with margarine. Spread over top of casserole. Bake 30 minutes at 325 degrees.

Susan Nichols

JADE TREE CHICKEN

3 boneless chicken breast halves	1/4 tsp. salt
1/4 cup soy sauce	1/4 tsp. ground red pepper
1/4 cup vegetable oil	2 cups broccoli
2 tsp. cornstarch	1 cup sliced celery
1/4 tsp. garlic powder	1 large onion, cut in 8 pieces
1/2 tsp. sugar (optional)	2 tbsp. cooking sherry
	1/4 cup cold water

Make marinate of: 2 tbsp. soy sauce, 1 tbsp. oil, 1 tsp. cornstarch, garlic, sugar, salt and red pepper. Cut chicken in bite size pieces and add to marinate for about 20 minutes. Heat wok and add 1/2 of oil. Stir fry broccoli, celery and onions till tender crisp. Remove. Add remaining oil and heat, add chicken and stir till done (5-10 minutes). Mix sherry, water, remaining soy sauce, cornstarch. Add vegetable and cornstarch mix to chicken and heat till thick. Serve over rice.

Kitty Bradshaw

CHICKEN CASSEROLE

1 whole chicken or chicken breasts	1 (8 oz.) carton sour cream
2 cans cream of chicken soup	1 package of Ritz crackers
	1 stick margarine

Cook and debone chicken, place in bottom of baking dish. Mix soup and sour cream, pour over chicken. Crush pack of crackers and pour over chicken. Melt one stick of margarine, pour over crackers. Bake 325 degrees till bubbly.

Pat Griggs' Sister-in-Law

Viola Deal

CHICKEN CRUNCH

1/2 cup of chicken broth	1 cup (sautéed) celery
2 cans mushroom soup	1 (5 oz) can water chestnuts
3 cups (chopped) cooked chicken	1 (3 oz.) can chow mein noodles
1/4 cup (chopped) onion	

Sauté onion and celery together. Blend both into soup. Add all other ingredients and mix well. Pour into a 2 quart casserole baking dish. Bake in oven at 325 degrees for 35 to 40 minutes. Serves 8.

Betty Dodson

CHICKEN AND RICE CASSEROLE

3 cups diced cooked chicken	1 small onion (chopped)
2 cups cooked rice (dry minute rice may be substituted)	1 cup mayonnaise
4 hard cooked eggs (chopped)	1 cup soft bread crumbs
2 cans cream of mushroom soup	2 tbsp. lemon juice
1 1/2 cup chopped celery	2 tbsp. melted margarine

Combine chicken, rice, eggs, soup, celery, onion, mayonnaise, lemon juice. Spoon into 2 quart casserole. Combine bread crumbs and margarine. Sprinkle on top of casserole. (Can refrigerate over night.) Bake at 350 degrees for 40 minutes until bubbly.

Decie Kenyon

CHICKEN AND WILD RICE

1 (6 oz.) box long grain wild rice	1 (10 oz.) can cream of mushroom soup
2 cups hot water	1/2 cup milk
1 chicken cut up (or pieces)	1/2 cup slivered almonds
Salt and pepper	1 tsp. butter or margarine

Combine contents of box and water in 2 1/2 quart casserole. Salt and pepper chicken. Arrange on top of rice. Bake covered 1 1/4 hours at 375 degrees. Combine soup and milk. Sauté almonds in butter. When casserole is done, pour soup over casserole and sprinkle with almonds. Return to oven uncovered; bake until bubbly.

Pat Griggs

CHICKEN SALAD

3 cups diced chicken	1/2 tsp. salt
2 1/2 cups diced celery	1/2 tsp. Worcestershire sauce
1/2-1 cup slivered almonds	1 small can water chestnuts
2 tbsp. lemon juice	1 cup mayonnaise
2 tsp. minced onions	

Mix together ingredients; pour into baking dish. Cover with cheese and crushed potato chips. Bake at 400 degrees for 20 minutes. Serves 10.

Karen Sexton

CHICKEN CORDON BLEU

8 chicken breast halves or 8 thigh fillets skinned and deboned	1 egg beaten with 1 tbsp. water
1/4 cup all-purpose flour, salt and pepper to taste, Paprika to taste	4 tbsp. butter or margarine
4 slices Swiss cheese	1/2 cup chicken broth
4 thin slices cooked ham	2 tsp. cornstarch
	3/4 cup light cream or half and half
	2 tbsp. chopped parsley

Place each thigh or breast between 2 layers of wax paper or plastic wrap and pound with meat mallet or rolling pin to flatten slightly. Combine flour, salt, pepper and paprika in shallow dish, set aside. Cut ham slice and each cheese slice in half. Fold 1/2 ham slice and 1/2 cheese slice together and place in center of one thigh of breast fillet. Fold meat around ham and cheese. Enclose completely and secure with wooden toothpick. Dip stuffed meat in beaten egg, shake off excess, and dredge in flour mixture. Melt butter in skillet, add stuffed meat and sauté until browned on all sides. Add stock to skillet and bring to a boil. Cover, lower heat, and simmer 30 to 35 minutes or until chicken is tender. Remove chicken from skillet, remove and discard toothpicks and arrange on warm serving platter. Blend cornstarch with cream, stirring until smooth. Gradually stir into skillet with pan juices and cook over low heat, stirring constantly, until sauce is thickened and comes to a boil. Stir in parsley. Pour sauce into gravy boat and serve with chicken.

Billie Johnson

CHICKEN POT PIES

1 medium onion, diced	2 cans veg-all mixed vegetables, drained
4 chicken breasts cooked and deboned	1 cup all purpose flour
1 can cream celery soup	1 cup milk
2 cans cream chicken soup	1 cup mayonnaise
1 can chicken broth from chicken	

Grease a 9x13x2 pan. Put diced onion on the bottom. Then add chicken that is cut up into small pieces. Mix the soups, broth and veg-all and pour on top of the layer of chicken. Mix flour, milk and mayonnaise and pour on top. Bake at 350 degrees for 1 to 1 1/2 hours until done.

Paige Winslow

CHICKEN PIE

1 chicken	1 cup chicken broth
Salt and pepper	1 stick margarine
1 can cream of chicken soup	1 1/2 cup milk
	1 1/2 cup Bisquick

Boil chicken, debone, salt and pepper. Take 1 can cream of chicken soup and stir in slowly 1 cup chicken broth until hot. Add 1 stick margarine. Pour mixture over chicken. Add 1 1/2 cup milk and 1 1/2 cup Bisquick. Pour over rest and cook at 350 degrees until brown.

Lila Kirk

CHICKEN PIE

1 chicken (2 to 3 pounds) cooked, deboned and cut into pieces	1 stick margarine (melted)
2 cups chicken broth	1/2 tsp. black pepper
1 can cream of chicken soup (undiluted)	1 cup self-rising flour
	1 cup buttermilk

Place chicken in 9x12 baking dish. Bring chicken broth and soup to a boil. Remove from heat. Pour this over chicken. Mix margarine, flour with buttermilk. Pour over chicken mixture. Bake at 350 degrees for 30 minutes. Brown at 450 degrees for 5 to 10 minutes.

Susan Trollinger

CHICKEN PIE

1 (3 or 4 pound) chicken	3/4 cup of milk
1 can cream of celery soup	2 tsp. baking powder
1 cup chicken broth	3/4 cup plain flour
1 tsp. black pepper	3/4 stick margarine
1 tsp. salt	

Place bite-size pieces of cooked chicken in dish. Pour celery soup and broth over chicken. Mix dry ingredients, melted margarine and milk together. Pour over chicken. Bake at 375 degrees for 30 minutes. Serves 4-6.

Dale Andrews

OLD FASHIONED CHICKEN PIE

3 1/2 to 4 pound chicken	Margarine
Dumpling dough	Black pepper

To make dumpling dough, use 1 3/4 cups self-rising flour, Crisco and buttermilk. Cook chicken, lightly salted. Debone and cut into chunks. Reserve 3 1/2 cups broth.

Grease 13x9x2 pan with margarine. Line sides with dumpling dough. Using 1/2 of the hot meat, make little mounds in pan. Cover with strips of dumpling. Fill in with rest of meat. Sprinkle freely with black pepper and dot with 3/4 stick margarine (or use chicken fat). Use more strips of dumpling. Pour 2 cups of hot broth over this. Cover with wide strips of dough for crust. Pour rest of broth over all. Bake at 400 degrees until browned (about 35 minutes). Just before browning, rub crust freely with margarine.

Mae Crawford

PARMESAN CHICKEN (LIGHT COOKING)

4 chicken breast halves skinned and boned	1 (8 ounce) can tomato sauce
1/3 cup fine, dry breadcrumbs	1/4 tsp. garlic powder
1/4 tsp. dried whole basil	1/4 tsp. dried whole basil
1/8 tsp. pepper	1/4 cup grated parmesan cheese
1 egg white slightly beaten	1/4 cup (1 ounce) shredded mozzarella cheese
Vegetable cooking spray	

Place each chicken breast between 2 sheets of waxed paper. Flatten to 1/4 inch thickness using a meat mallet or rolling pin.

Combine breadcrumbs, 1/4 tsp. basil, and pepper. Dip chicken pieces in egg white. Dredge in breadcrumb mixture.

Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Place chicken breasts in skillet, and cook until lightly browned on both sides. Remove from skillet, and arrange chicken breasts in a 12x8x2 inch baking dish.

Combine tomato sauce, garlic powder, and 1/4 tsp. basil. Pour over chicken. Sprinkle with parmesan cheese. Cover and bake at 350 for 30 minutes. Uncover and sprinkle with mozzarella cheese. Bake an additional 5 minutes. (About 298 calories per serving.)

Pat Griggs

GREEK SPAGHETTI SAUCE WITH CHICKEN

4 boneless skinned chicken breasts	32 oz. water
1/3 stick margarine	salt and pepper
1/2 tsp. ground cinnamon	spaghetti noodles or other noodles
2 cans tomato paste	

Wash chicken and remove any fat. Salt and pepper each piece, then sprinkle ground cinnamon covering completely. In large pot, melt the margarine. Place chicken breasts cinnamon side down and brown. While browning, sprinkle ground cinnamon on other side, covering completely. Turn chicken once. Next, in a bowl, mix the 2 cans of tomato paste and 32 oz. of water together. Then pour over chicken in pot. Reduce heat and simmer, stirring occasionally, for 1 hour. Remove chicken to a bowl/platter. Use sauce over your favorite type of noodles.

Decie Kenyon's Son-in-Law

Todd Stuart

CHICKEN WAIKIKI BEACH

2 whole chicken legs & 2 whole chicken breasts (you can use all legs or all breasts)	1 cup sugar
1/2 cup flour (plain)	2 tbsp. cornstarch
1/3 cup salad oil	3/4 cup cider vinegar
1 tsp. salt	1 tbsp. soy sauce
1/4 tsp. pepper	1/4 tsp. ginger
1 can (1 pound) sliced pineapple	1 chicken bouillon cube
	1 large green pepper, cut crosswise

Wash chicken, pat dry with paper towel. Coat chicken with flour. Heat oil in large skillet. Add chicken, a few pieces at a time, and brown on all sides. Remove when browned to shallow baking pan, arranging pieces skin side up. Sprinkle with salt and pepper. Meanwhile, preheat oven to 350 degrees.

Make sauce as follows: Drain pineapple, pouring syrup into 2 cup measure, add water to make 1 1/4 cups. In medium saucepan, combine sugar, cornstarch, pineapple syrup vinegar, soy sauce, ginger, and bouillon cube, bring to a boil, stirring constantly. Boil 2 minutes. Pour over chicken. Bake, uncovered, 20 minutes. Add pineapple slices and green pepper; bake 20 minutes longer, or until chicken is tender. Serve with fluffy white rice. Makes four servings.

Billie Johnson

TURKEY IN A BAG (MICROWAVE)

1 (up to 7 pound) turkey breast	1 pkg. dry onion soup mix
1 pkg. dry Italian dressing mix	1 stick melted margarine
	1 cooking bag

Mix together margarine and dry mixes. Place turkey, meaty side up, in cooking bag and pour mixture over turkey; fasten with plastic tie. Make slits near closure. Using temperature probe, cook on medium high power until temperature reaches 170 degrees. Cooking by time, cook on medium high for 9 to 11 minutes per pound. Let stand for 10 minutes before serving.

Kaye J. Snipes

BEEF AND MACARONI CASSEROLE

1 pound ground beef
1 (15 oz.) can tomato sauce
1/2 can water
1 medium onion, chopped

**Dash of: salt, oregano, pepper,
and soy sauce**
1 1/2 cups cooked macaroni

Brown ground beef and onion and drain well. Add other ingredients (except macaroni) and simmer 15 to 20 minutes. Add macaroni and heat through. You may add grated cheese to top if you like.

Kitty Bradshaw

QUICK GROUND CHUCK DINNER

1 1/2 pound ground chuck
2 medium onions
2 cans cream of chicken soup

3-4 medium potatoes

Brown meat and onions in a pan. Drain. Take a 10 inch casserole dish, spray with Pam. Put 1/2 of meat mixture in bottom. Add layer of sliced potatoes. Add remainder of meat and another layer of potatoes. Cover with soup. Preheat oven to 375 degrees. Bake approximately 35 minutes or until bubbly and potatoes are done.

Pam Kirk

COWBOY BEANS

2 cans pork 'n' beans
1 can kidney beans
1 pound hamburger
1 bell pepper
1 onion
1 tsp. mustard

1 cup catsup
1 cup vinegar
1/3 cup brown sugar
1/4 tsp. garlic salt
pepper to taste

Chop pepper and onion. Cook until tender. Add hamburger, garlic salt and pepper. Brown. Add pork 'n' beans and kidney beans. Stir well. Add mustard, brown sugar, catsup, and vinegar. Bake at 350 degrees for 30 minutes.

Susan Nichols

HAMBURGER DELIGHT

1 1/2 pound ground chuck	8 oz. sour cream (light)
1 medium onion, minced	3 oz. cream cheese (low calorie)
1 (14 oz.) can tomato sauce	Grated cheddar cheese (if
Thyme and oregano to taste	desired)
1 (8 oz.) pkg. egg noodles	

Brown hamburger and onions, drain fat. Cook noodles till done. Drain. Mix tomato sauce, thyme, oregano, salt and pepper with hamburger mix. Place noodles in casserole dish. Mix sour cream and cream cheese till smooth. Pour over noodles. Top with hamburger mixture. Sprinkle with cheese if desired. Bake at 350 degrees for 30 minutes.

Nancy Holt

LASAGNA

2 pounds ground round	2 (12 oz.) containers cottage
1 tbsp. minced garlic	cheese (3 cups)
1 tbsp. chopped parsley	2 eggs, beaten
1 tbsp. basil	1 tsp. salt
1 tsp. salt	2 tbsp. chopped parsley
1 lb. can tomatoes (2 cups)	1/2 tsp. pepper
2 (6 oz.) cans tomato paste	1/2 cup parmesan cheese
	1 lb. mozzarella cheese, grated
10 oz. noodles	1 cup sharp cheddar cheese

Brown meat and drain. Mix first 6 ingredients and add to the meat. Combine cottage cheese, eggs, etc. and add to meat. Simmer 45 minutes to 1 hour or until thick. Cook noodles.

Layer in 9x13 pan: hamburger mixture, noodles, hamburger mixture, 1/2 of each cheese, hamburger mixture, noodles, hamburger mixture, last 1/2 of each cheese.

Bake 350 degrees for 20 to 30 minutes or until bubbly. Let stand 5-10 minutes before serving.

Jewel Crawford

MICROWAVE LASAGNA

1 pound ground beef	1/2 tsp. pepper
1 (32 oz.) jar spaghetti sauce	8 lasagna noodles, uncooked
1/2 cup water	3/4 lb. Mozzarella cheese, grated
1 1/2 cup ricotta or cottage cheese	1/2 cup grated Parmesan cheese
1 egg	

In large glass bowl, crumble ground beef. Heat 2 to 5 minutes, on high, until beef is browned, stirring once; drain. Stir in spaghetti sauce and water.

Meanwhile, combine ricotta cheese, egg and pepper.

In oblong microwave dish, spoon 1/2 cup sauce, alternately layer noodles, egg mixture, Mozzarella cheese and sauce forming 2 layers. Heat covered for 8 minutes on High. Continue cooking on Power Level 5 an additional 30 to 32 minutes, until noodles are tender. Top with Parmesan cheese, let stand, covered for 15 minutes before serving.

Lucy Fort

PIZZA CASSEROLE

1 pound hamburger	3/4 cup biscuit mix
1/4 cup chopped onion	1 1/2 cup milk
1 (14 oz.) jar spaghetti sauce	2 eggs
2 cups grated mozzarella cheese	Pepperoni

Brown hamburger and onions, drain well. Mix with spaghetti sauce. Put in bottom of 8x8 inch baking dish. Top with pepperoni and mozzarella cheese. Mix biscuit mix, milk and eggs and pour over the top. Bake at 400 degrees for about 30 minutes or until bubbly. Toppings such as pepperoni, cooked and crumbled sausage, extra cheese, etc. may be added during last 5 to 10 minutes of baking.

Serena Bartholomew

SHORTCUT LASAGNA, MEXICAN STYLE

- | | |
|--|---|
| 1 (10 oz.) can enchilada sauce | 9 oz. lasagna noodles |
| 1 (14 1/2 oz.) can cut-up, peeled tomatoes, undrained | 1 pint (2 cups) low-fat cottage cheese |
| 1 (6 oz.) can tomato paste | 3 cups shredded cheddar cheese (3/4 lb.) |
| 1 (16 oz.) can black beans, rinsed and well drained | |

Preheat oven to 375 degrees. In a bowl, combine enchilada sauce, tomatoes with their juice, and tomato paste. Mix to blend well. Stir in black beans.

Spoon a third of tomato sauce mixture over bottom of a 12x8 inch rectangular baking dish. Top with 3 uncooked lasagna noodles. Spread evenly with 1 cup cottage cheese and sprinkle with 1 cup cheddar cheese. Spoon on half the remaining tomato sauce mixture.

Add another layer of 3 noodles, remaining 1 cup cottage cheese, then sprinkle with 1 cup cheddar cheese.

Add remaining 3 noodles in a single layer, remaining tomato sauce, and remaining 1 cup cheddar cheese. Cover tightly with foil.

Bake 45 to 50 minutes, or until noodles are tender. Let stand at least 5 minutes before serving. Serves 6.

Evelyn Patterson

SLOPPY JOES

- | | |
|--------------------------|---------------------------------|
| 1 pound hamburger | 1 can chicken gumbo soup |
| 1 onion, chopped | |

Brown hamburger and chopped onions in frying pan, add soup, simmer 5 minutes. Serve on toasted buns.

Priscilla Lloyd

OVEN PORCUPINES

1 pound ground beef	1/8 tsp. garlic powder
1/2 cup uncooked rice	1/8 tsp. black pepper
1/2 cup water	1 (15 oz.) can tomato sauce
1/3 cup chopped onions	1 cup water
1/2 tsp. celery salt	2 tsp. Worcestershire sauce

Heat oven to 350 degrees. Mix meat, rice 1/2 cup water, salt, garlic powder and pepper. Shape into balls about rounded tablespoon size. Place meatballs into ungreased dish. Stir together tomato sauce, 1 cup water and Worcestershire sauce. Pour over meatballs, cover with foil and bake 45 minutes. Remove foil and bake 15 minutes longer. Serves 4 to 6.

Ann Bradshaw Whitlow

BAR-B-QUE MEATBALLS

1 cup bread crumbs (2 slices)	<i>Sauce:</i>
1/2 cup milk	1/4 cup vinegar
2 tbsp. onion, chopped	1 tbsp. sugar
1 pound hamburger	1 1/2 tbsp. Worcestershire
1 tsp. salt	sauce
1/4 tsp. pepper	1/2 cup ketchup

Soak bread crumbs in milk. Mix first six ingredients together and form balls about the size of a walnut. Sprinkle with garlic salt. Cover with sauce. Cook at 400 degrees till bubbly, lower temperature to 325 degrees and cook for one hour.

Pat Griggs' Sister-in-Law

Viola Deal

TOMALLI PIE

1 1/2 pound hamburger	Dash of garlic
1 onion, chopped	1 can tomato soup
1 bell pepper, chopped	1/2 cup water
2 tbsp. chili powder	1 can corn, drained
1 tsp. salt	1 can hot chili beans,
1/2 tsp. pepper	optional

Brown first three ingredients. Mix all ingredients together, pour in a large casserole dish. Combine 1 box of **Jiffy Corn Meal** according to directions on package and pour over hamburger mixture. Bake at 350 degrees till cornbread is done.

Pat Griggs' Sister-in-Law

Viola Deal

SPAGHETTI BAKE

1 pound ground beef	1 can cream of mushroom soup
1 large onion (chopped)	1 bell pepper, chopped (optional)
1 (8 oz) box spaghetti (cooked)	sharp cheddar cheese, cubed
1 can tomato sauce	1 can tomato sauce

Brown ground beef and onion and drain off fat. Add soups, tomato sauce, pepper and cheese. Mix with (cooked and drained) spaghetti. Spray 12x15 or larger pan with Pam. Bake 350 degrees for 45 minutes.

Betty Holmes

SPAGHETTI SAUCE

1 pound ground beef	1/2 tsp. mustard
2 or 3 chopped onions	2 tbsp. ketchup
Bell pepper chopped fine	1/2 tsp. baking soda
1 can tomatoes	1 tbsp. sugar
1 can tomato paste	salt and pepper to taste
1 can tomato sauce	

Cook onions and bell pepper in butter until soft. Add meat and other ingredients. Brown ground beef and drain grease before adding meat to sauce. Cook about 6 hours on low heat. Serve over spaghetti noodles.

Patricia Ross

BEEF STROGANOFF

1 pound round or sirloin steak (cut in cubes)	2 tbsp. flour
1 beef bouillon cubes	2 tsp. salt
1/3 cup chopped onion	1 tsp. soy sauce
2 tbsp. cooking oil	1 can cream of mushroom soup
	1/2 cup sour cream

Batter steak in flour and salt. Brown onion and steak in oil. Melt bouillon cube in 1 cup hot water and add in with browned meat. Add in soy sauce and soup. Let simmer 20-25 minutes. Just before serving, add sour cream. Serve over rice or noodles.

Karen Sexton

STROGANOFF BUNS

1 pound ground beef	1/4 tsp. paprika
3 slices of bacon, diced	1 (10 oz.) can cream of
1/2 cup diced onion	mushroom soup
1 tbsp. fat	sour cream
1 1/2 tbsp. flour	8-10 hamburger buns, split and
3/4 tsp. salt	toasted

Brown beef, bacon and onion in fat, drain off fat. Stir in flour, salt, paprika, and soup. Simmer 15-20 minutes. Stir in enough sour cream to make mixture of spreading consistency. Heat, but do not boil. Serve over bun halves. Add larger amount of sour cream if desired and use as topping for mashed potatoes or over noodles or rice. Yield: 8-10 servings.

Priscilla Lloyd

TEXAS HASH (MICROWAVE)

1 pound lean ground beef	1 tsp. chili powder
1/2 cup chopped onion	1 tsp. salt
1/4 cup chopped green pepper	1 (8 oz.) package thin
1 1/4 cups chopped celery	spaghetti, cooked
1 (16 oz.) can tomatoes, cut up	1 cup shredded cheddar cheese

In 3 quart covered casserole, break up ground beef and push to the outside to make a circle. Add onion, green pepper and celery to the center. Cover. Microcook on High 6 to 7 minutes, or until meat is no longer pink. Stir meat and vegetables together. Cover. Microcook on Medium (50%) 2 minutes. Drain. Add tomatoes, chili powder, and salt. Cover. Microcook on Medium (50%) 5 minutes. Add cooked drained spaghetti and stir to combine ingredients. Cover with wax paper. Microcook on Medium High (70%) 7 to 9 minutes. Stir gently. Sprinkle cheese over the top. Do not cover. Microcook on Medium High (70%) 1 1/2 to 2 minutes. Serves 6 to 8.

Jenny Bryant

OVEN BEEF STEW

2 pounds lean beef for stewing	1/4 cup flour
3 tbsp. vegetable oil	1 tsp. salt
5 medium carrots	1/4 tsp. pepper
3-4 medium potatoes	1 1/2 cups water
1 (28 oz.) can tomatoes	1 envelope onion soup mix

Cut beef into one inch cubes. Combine flour, salt and pepper. Dredge beef in flour. Heat oil in large skillet. Brown beef in oil. Transfer beef to 3 quart casserole dish. Add vegetables. Combine water and soup mix. Add to casserole. Cover and bake in oven at 375 degrees for 2 hours. Yields 6 servings.

Frances Snipes

MULLIGAN STEW

1 tbsp. shortening	2 cans water
1 pound lean beef cubes	3 carrots, sliced
1 tsp. salt	3 potatoes cut in quarters
1 can tomato soup	2 onions cut in quarters

Brown beef chunks in oil over medium heat. Add salt, soup and water. Bring to a boil and simmer one hour till meat is tender. Add vegetables and cook another 30 minutes till tender. Add more liquid (water) if necessary.

"We made this in second grade health class."

Ann Bradshaw Whitlow

PEPPER STEAK

2 tbsp. oil	2 medium green peppers, cut
1 pound boneless steak, cut into	into chunks
thin strips	2 medium onions, sliced
2 tbsp. soy sauce	1 tbsp. cornstarch
Dash ginger	1/2 cup beef broth
Salt to taste	

Pour oil in 8-inch square dish. Cook at Medium-High 3 minutes. Add steak, soy sauce and ginger. Cook at Medium-High 7 to 8 minutes; stir once. Season with salt and stir in peppers and onions. Cook, covered with plastic wrap at Medium-High 3-5 minutes or until vegetables are crisp and tender. Blend cornstarch with broth until smooth. Stir into dish and cook at Medium-High 3-5 minutes or until sauce is thickened. Stir once.

Jenny Bryant

KIWI ROAST LAMB DINNER

1 (5-7 pound) lamb shoulder or	4 carrots
butt	2 medium onions, quartered
8 medium potatoes, peeled	Several fresh whole mushrooms

Place lamb in roasting pan; rub with butter; season with sprinkling of garlic salt, rosemary, salt and pepper. Arrange all vegetables except potatoes around roast. Add 1/3 cup water. Cover tightly with foil. In separate dish, put in enough oil to cover bottom. Place halved potatoes in oil and turn them to coat them on all sides. Season with salt, pepper and garlic. Leave uncovered. Place in oven at same time as roast. Bake both at 350 degrees for 1 1/2 hours. Potatoes will need to be turned once during this time.

Cindy McIntyre

ORANGE-SAUCED LAMB CHOPS

1 tbsp. cornstarch	4 lamb loin chops, cut 3/4 inches
1/4 tsp. orange peel, finely	thick (approximately 1
grated	pound)
1/8 tsp. ground nutmeg	1/2 cup seedless green grapes,
3/4 cup orange juice	halved
1 tbsp. lemon juice	

In saucepan, combine cornstarch, orange peel and nutmeg, stir in orange juice. Cook and stir until bubbly. Stir in lemon juice. Brush chops with sauce. Broil chops 3-4 inches from heat for 4 minutes, turn and brush with sauce again. Broil chops 5-6 minutes longer. Stir grapes into remaining sauce, heat through. Spoon sauce onto chops. Serves 4.

Evelyn Patterson

PORK CHOP CASSEROLE

4 to 6 pork chops	1 can mushroom pieces, drained
1 cup uncooked rice	1 stick margarine
1 large onion, chopped	2 cans consommé soup undiluted

Brown chops. Sauté onion and mushrooms in margarine. Spread rice in bottom of 9x13 dish. Place chops on top. Distribute onion mix evenly over chops. Pour soup over all. cover with foil and bake about 1 hour at 350 degrees or until rice is tender.

"You can omit the chops and use as a rice casserole."

Leta Bradshaw

SPINACH QUICHE

2 packages Stouffers spinach	1 cup mushrooms
soufflé	1 1/2 cup cooked Italian sausage
4 eggs	(crumbled)
6 tbsp. milk	1 1/2 cup grated Swiss or
4 tbsp. chopped onion	mozzarella cheese

Mix ingredients, pour into 2 9" (deep dish) pie shells. Bake 400 degrees for 30 minutes. Serves 8.

Mary Lin Truelove

STUFFED SHELLS

4 packages frozen spinach
1 pound feta cheese
1 medium onion
2 level tbsp. dill weed
3 medium eggs
2 garlic cloves (optional)
Pepper

Olive oil
28 oz. can crushed tomatoes
16 oz. Ricotta cheese
Parmesan cheese
1 box large shells
Mushrooms

Shells: In large pot, bring water with 1 tsp. salt to a boil, carefully add shells. Reduce heat and cook for eight minutes. Remove from heat, drain and place in cool water.

Sauce: First heat large pot, then add 2 tbsp. olive oil. Add garlic and toast it. Then add diced onions and sauté. Next, add mushroom and crushed tomatoes and simmer 10 minutes.

Stuffing: Thaw spinach and remove as much of the moisture as you can by squeezing with a paper towel. Crumble in feta cheese and mix with hands. Add ricotta cheese and dill weed and mix with hand. Beat eggs, then add and mix into mixture.

Wipe the inside of a 9x13 pan with olive oil. Stuff shells with stuffing mixture (should fill entire pan with stuffed shells). Sprinkle parmesan cheese over top. Pour sauce evenly over top and sprinkle again with parmesan cheese. Cover with aluminum foil and bake at 350 degrees for one hour. Serves 6 adults.

Decie Kenyon's Son-in-Law

Todd Shuart

*Breads
&
Rolls*



ANGEL BISCUITS

5 cups self-rising flour	1 1/2 cups buttermilk
1/2 cup Crisco	2 tbsp. plain wheat germ
1 pkg. yeast	1 heaping tsp. sugar
1/2 cup warm water	

Dissolve yeast in warm water. Blend Crisco with dry ingredients. Combine yeast mixture with buttermilk, add dry ingredients. Let rise in warm place for 1/2 hour. Make into biscuits and bake at 400 degrees.

Decie Kenyon

ANGEL FLAKE BISCUITS

1 pkg. yeast	1 tsp. soda
5 tbsp. lukewarm water	2 tsp. salt
3/4 cup Crisco	3 tbsp. sugar
5 cups flour	2 cups buttermilk
5 tsp. baking powder	

Dissolve yeast in water; set aside. Blend Crisco with dry ingredients. Combine yeast mixture with buttermilk, add dry ingredients making a stiff dough. Place dough in a covered container in refrigerator. Pinch off dough as needed. Place biscuits in cold oven - turn oven to 450 degrees and bake until brown.

Pat Griggs

CHEESE BISCUITS

1/2 lb. butter or margarine	2 cups flour
1/2 lb. grated cheese	1/4 tsp. salt
	1/4 tsp. baking powder

Blend butter and cheese. Add flour, salt and baking powder. Knead slightly. Roll out and cut into desired shapes. Bake at 400 degrees for 7 to 8 minutes.

*Submitted by her daughter
Priscilla Lloyd*

Lora Wilkerson

CHEESE BISCUITS

2 cups self rising flour
1/3 cup shortening

**1/2 cup (2 oz.) shredded cheddar
cheese**
3/4 cup milk

Combine flour and shortening in a medium bowl, cut in shortening with pastry blender until mixture resembles coarse meal. Stir in cheese and milk. Turn dough out onto a floured surface and knead lightly 3 to 4 times. Roll dough to 1/2 inch thickness, cut into rounds with a 2 3/4 inch. biscuit cutter. Place biscuits on an ungreased baking sheet and bake at 450 degrees for 10 to 12 minutes. Yields about 1 dozen

Billie Johnson

MAYONNAISE BISCUITS

2 cups self-rising flour
1/4 cup mayonnaise

1 cup buttermilk

If you do not have buttermilk, you may substitute plain milk with 1 Tbsp. vinegar added. Combine flour, mayonnaise and buttermilk. Mix well. Pour into muffin pan. Bake at 400 degrees until brown.

Decie Kenyon

NOVELLA'S CHEW BREAD

2 cups self-rising flour
1 box brown sugar
3 eggs

1 stick margarine
Nuts or dates

Mix all ingredients together. Pour into a well greased pan. Cook at 300 degrees for about an hour. Bread will rise to the top of the pan. It is supposed to be gooey and sticky.

Marybelle Kirk

CHEWY BREAD

1 box brown sugar 2 cups self-rising flour
 1 stick margarine (softened) 1 tsp. vanilla
 3 eggs

Combine all ingredients. Pour into a greased 6 x 12 inch pan and bake at 375 degrees for 25 minutes or until nicely brown and chewy.

Variation: Top with chopped nuts and/or cinnamon and sugar before baking.

Decie Kenyon

CORN BREAD

1 cup self-rising corn meal 1 (8 oz.) can cream style corn
 2 eggs 1 carton sour cream
 1/2 cup oil

Combine ingredients. Pour into 6 x 9 inch pan. Bake at 400 degrees for 25 minutes.

Decie Kenyon

CORN BREAD SPECIAL

2 eggs 1 cup plain corn meal
 1 cup sour cream 1 tsp. salt
 1/2 cup salad oil 1 Tbsp. sugar
 1 cup cream style corn 3 tsp. baking powder

Combine ingredients. Pour into square pan and bake at 375 degrees for 40 to 45 minutes.

Virginia Perry

CORN BREAD SPECIAL

1 cup plain cornmeal 1 Tbsp. sugar
 2 eggs 1/2 cup cream style corn
 1 tsp. salt 1 cup sour cream
 3 tsp. baking powder

Mix and cook at 350 degrees for 40 to 45 minutes.

Martha Kirk

MOUNTAIN CORNBREAD

2 Tbsp. shortening	2 tsp. baking powder
1 cup plain corn meal	1/2 tsp. salt
1/2 cup flour	1 egg
	milk

Melt shortening in an iron frying pan. "I use an 8 inch pan." Melt it in the oven. Mix meal, flour, baking powder, salt, egg and enough milk to make a fairly soft batter. Pour mixture into hot pan from the oven. Place back in oven and bake for 20 to 30 minutes at 425 degrees. Serves 4.

Billie Johnson

MUFFINS

2 cups sifted all-purpose flour	2 Tbsp. sugar
3 tsp. baking powder	1 egg slightly beaten
1/2 tsp. salt	1 cup milk
	1/4 cup melted shortening

Sift flour, baking powder, salt and sugar together. Combine eggs, milk and shortening and add to dry ingredients. Stir to moisten dry ingredients. Bake at 425 degrees for 20 minutes.

Vickie Felmet McGee

JENNY'S BLUEBERRY MUFFINS

1 3/4 cups plain flour	3/4 cup milk
1/4 cup sugar	1/3 cup salad oil or melted shortening
2 1/2 tsp. baking powder	1 cup berries (put in last of mixing)
3/4 tsp. salt	
1/4 tsp. nutmeg	
1 egg	

Mix dry ingredients, then wet ingredients; mix together. Spoon into pan. Bake at 400 degrees.

Jenny H. Bryant

MAYONNAISE MUFFINS

1 cup self-rising flour **1 Tbsp. mayonnaise**
1/2 cup plain milk

Stir ingredients together until smooth. Bake at 450 degrees for 8 to 10 minutes.

Karen Sexton

OAT BRAN MUFFINS

2 cups oat bran **1/4 cup brown sugar**
2 egg whites **1/2 cup applesauce**
2 tsp. baking powder **1/2 cup raisins**
1/4 cup honey **1/2 to 1 cup skim milk**

Mix all ingredients together. Use milk to thin batter. Pour into muffin pans with liners or greased well with oil. Bake at 350 degrees until brown.

Frances Snipes

WILLIAMSBURG SWEET POTATO MUFFINS

1/2 cup butter **1/4 tsp. salt**
1 1/4 cups sugar **1 tsp. cinnamon**
2 eggs **1/4 tsp. nutmeg**
1 1/4 cups sweet potatoes **1 cup milk**
 (mashed) **1/4 cup pecans (chopped)**
1 1/2 cups flour **1/4 cup raisins**
2 tsp. baking powder

Cream butter and sugar. Add eggs and mix well. Blend in sweet potatoes. Sift flour, baking powder, salt and spices; Add to other mixture alternately with milk. Do not over mix. Fold in nuts and raisins. Fill greased muffin tins 1/2 full. Bake at 400 degrees for 25 minutes.

* Batter can be made ahead and stored in refrigerator for 3 to 4 days.

Rebecca Crawford

BANANA BREAD

1 1/2 cups all-purpose flour	1/2 cup wheat germ
1/2 cup sugar	3 medium, very ripe bananas, mashed (approx. 1 cup)
2 tsp. baking powder	1/4 cup buttermilk
1 tsp. baking soda	1/4 cup oil
1/2 tsp. salt	4 egg whites

Sift together the flour, sugar, baking powder, baking soda and salt. Mix in the wheat germ. Add all remaining ingredients and beat until well blended. Place in an oiled 8 x 4 inch loaf pan. Bake at 350 degrees about 1 hour or until done.

American Heart Association

Pat Griggs

BANANA NUT BREAD

1/2 cup butter	<i>Icing:</i>
1 cup sugar	1/3 cup butter
3 eggs	3/4 cup brown sugar
2 cups plain flour	1/4 cup canned milk
1/2 tsp. salt	1 3/4 - 2 cups powdered sugar
1/2 tsp. soda	
3 bananas (crushed)	
1/4 cup nuts	
1 tsp. vanilla	

Sift flour with soda. Combine all ingredients adding crushed bananas and nuts last. Bake in greased loaf pans at 325 to 350 degree oven for 50 minutes.

ICING: In a saucepan, melt butter. Add brown sugar and stir until dissolved. Add canned milk and remove from heat and beat in confectioners' sugar. Drizzle on hot bread.

Betty Holmes

FRENCH ONION BREAD

2 cakes dry yeast	3 Tbsp. sugar
1/2 cup warm water	2 tsp. salt
2 Tbsp. shortening	1/2 pkg. dry onion soup mix
1 1/2 cups hot water	5 1/2 cups plain flour

Dissolve yeast in 1/2 cup warm water. Mix together with other ingredients and let rise for 1 1/2 hours. Bake at 350 degrees for 40 minutes. Serves 10.

Billie Johnson

FRENCH BREAD BRAIDS

1 pkg. yeast (or 1 cake)	1 Tbsp. sugar
2 1/4 cups warm water	7 1/2 - 8 cups sifted flour
1/4 cup melted shortening	1 egg
1 Tbsp. salt	

Soften yeast in 1/4 cup water. Combine in large mixing bowl, 2 cups water, shortening, salt, sugar. Add yeast mixture. Gradually add flour to form a stiff dough. Knead on floured surface until smooth and satiny - 5 to 8 minutes. Place in greased bowl and cover. Let rise in a warm place until light and doubled in size (1 to 1 1/2 hours). Punch down. Let rise 30 minutes.

Divide dough into 3 parts. Divide each part into 3 portions, roll each portion into a strip about 14 inches long. Braid the 3 strips together; sealing ends. Place braid on greased baking sheet. Repeat with remaining parts to make 3 loaves. Cover and let rise until doubled (45 to 60 minutes). Brush loaves with beaten egg. If desired, sprinkle with poppy seeds or sesame seeds.

Bake in hot oven 425 degrees 15 minutes, then at 350 degrees 20 to 25 minutes until deep golden brown.

Variation: Divide dough into 24 equal parts and shape into rolls. Let rise and bake as above.

Diane Kress

DINNER ROLLS

2 pkg. yeast	6 Tbsp. sugar
1 1/2 cups warm water	1 tsp. salt
1 egg (well beaten)	5 to 5 1/2 cups bread flour or
1/4 cup melted shortening	plain flour

Soften yeast in water. Add sugar, salt, shortening and egg. Add flour a little bit at the time until a stiff dough is formed. Turn out on to a lightly floured board and work the rest of flour into the dough. Place dough in a greased bowl turning to grease top. Cover and let rise about 1 hour. Punch down and make into rolls. Place on a greased baking sheet. Let rise again until doubled in size. Bake at 400 degrees for 15 minutes or until brown. Grease tops while still warm.

Vivian Gwynn

DELICIOUS HOME-MADE ROLLS

1 cup shortening	2 pkgs. yeast
2/3 cup sugar	2 eggs beaten
2 tsp. salt	6 cups sifted flour

Pour 1 cup boiling water over shortening in bowl. Stir until melted. Stir in sugar and salt until dissolved. Cool until lukewarm. Dissolve yeast in 1 cup lukewarm water. Add to shortening mixture with eggs and enough flour to make soft dough. Let rise covered in warm place until doubled in bulk. Punch down. Place in refrigerator 2 hours or one week. Shape into rolls. Let rise until doubled. Bake at 425 degrees for 12 to 15 minutes. Yield: 2 1/2 to 3 dozen.

Virginia Perry

WHOLE WHEAT ROLLS

1 pkg. yeast	1 egg
1/2 cup sugar	2 1/2 cups whole wheat flour
1 tsp. salt	1 1/2 cups white flour
1/2 cup Crisco	

Dissolve yeast in 1/3 cup warm water. Heat 1 cup water, sugar, salt and Crisco. Cool. Beat in egg and yeast water. Add flour. Refrigerate overnight. Roll out and shape into rolls. Let rise until doubled. Bake at 375 degrees for about 10 minutes. Will keep in refrigerator for a week.

Peggy Hamlett

Desserts



BLUEBERRY SAUCE

1 (10 oz.) pkg. frozen blueberries	1/4 cup sugar
1/2 cup unsweetened pineapple juice	1 tbsp. cornstarch
1/4 cup water	1/8 tsp. salt
	1/4 tsp. grated lemon rind
	1 tsp. lemon juice

Combine blueberries, pineapple juice, water, sugar, cornstarch, salt and lemon rind in a 1 quart saucepan. Cook over medium heat stirring until sauce thickens. Cool slightly. Stir in lemon juice. Chill. Makes about 1 3/4 cups sauce. Serve over ice cream as a sundae or over cake or layer it with vanilla pudding as a parfait.

Mae Crawford

PRALINE ICE CREAM SAUCE

1 1/2 cups chopped pecans	1 1/4 cups brown sugar
1/4 cup butter or margarine	3/4 cup light corn syrup
3 tbsp. plain flour	1 small can evaporated milk

Spread pecans in single layer on cookie sheet and bake at 300 degrees for 10 minutes. Set aside. Melt butter in medium saucepan. Add flour, sugar and corn syrup stirring well. Bring to a boil. Reduce heat and simmer 5 minutes stirring constantly. Remove from heat. Gradually stir in milk.

Pam Kirk

BANANA PUDDING

2 (3 oz.) pkgs. vanilla instant pudding	Vanilla wafers
3 cups skim milk	Lite whipped topping
8 oz. plain lowfat yogurt	5 bananas

Mix vanilla instant pudding with 3 cups skim milk according to package directions. Fold plain low fat yogurt into pudding mixture. In a 9 x 13 x 2 inch dish layer vanilla wafers, bananas, and pudding beginning with wafers and ending with pudding. Top with whipped topping. Serves: 8.

Evelyn Patterson

CHEESY PINEAPPLE

2 lg. cans pineapple chunks	1 cup sugar
2 tbsp. plain flour	1 sleeve Ritz crackers
2 cups cheese	1 stick margarine

Drain the pineapple chunks. Mix pineapple, flour, cheese and sugar together. Put into an 8 x 8 inch pan. Mix 1 sleeve of crushed Ritz crackers with 1 stick of melted butter or margarine. Place on top of pineapple mixture.. Bake at 375 degrees for 20 minutes.

Karen Sexton

CHOCOLATE DELIGHT

1 cup plain flour	1 small pkg. chocolate instant pudding*
1 stick margarine	1 sm. pkg. vanilla instant pudding
1 cup chopped nuts	1 lg. container cool whip
1 (8 oz.) cream cheese	
1 cup confectioners sugar	
2 cups milk	

Mix together flour, margarine and nuts and spread into bottom of a large casserole dish. Bake at 350 degrees for 20 minutes. Cool completely.

Mix together cream cheese and confectioner sugar and spread over crust. Cover with 1 cup cool whip.

Mix together milk and instant pudding. Spread this over cool whip and top with the remaining cool whip.

** May use any flavor of instant pudding.*

Alisa Kenyon Hill

CHOCOLATE SPECTACULAR

1 cup chopped nuts	1 (8 oz.) cream cheese
1/2 cup plain flour	1 lg. carton cool whip
1/2 cup self rising flour	
1 stick butter	2 boxes chocolate instant pudding
1 cup confectioner's sugar	4 cups milk

Mix first 4 ingredients together and bake for 15 minutes at 350 degrees. Allow to cool completely. Mix sugar, cream cheese and 1/2 cool whip together well and spread over first layer.

Mix milk and instant pudding according to package directions. Pour over second layer and allow to set. Cover top with the rest of cool whip. Sprinkle top with chopped nuts and place half cherries around. chill.

Susan Nichols

DIRT CUPS

2 cups cold milk	1 (8 oz.) container cool whip
1 small pkg. Jello instant chocolate pudding	1 (16 oz.) pkg. chocolate sandwich cookies (crushed)

Pour 2 cups cold milk into bowl. Add pudding mix. Beat with wire whisk until well blended, about 2 minutes. Let pudding stand 5 minutes. Stir whipped topping and 1/2 of the crushed cookies into pudding very gently with rubber scraper until mixture is all the same color. Place about 1 tablespoon of the remaining crushed cookies into bottom of each paper or plastic cup.

Fill cups about 3/4 full with pudding mixture. Top each cup with the rest of the crushed cookies. Put cups into refrigerator to chill until set, about 1 hour. Garnish with silk or plastic flowers, candy worms, frogs or bugs if you wish. **Yields:** 8 to 10 dirt cups

Lila Kirk

CHOCOLATE ECLAIRS

2 small boxes vanilla instant pudding	<i>Topping:</i>
1 8 oz. carton cool whip	1 cup sugar
3 cups cold milk	dash salt
2 pkgs. graham crackers	1/2 cup cocoa
	1 tsp. vanilla
	1/4 cup milk

Mix pudding, milk and cool whip. Shake for 1 minute until thick. Line bottom of 9 x 13 inch dish with graham crackers and cover with pudding mixture. Layer graham crackers and pudding alternately until all of both is in the dish.

Topping: Bring to boil for 1 minute sugar, salt, cocoa, vanilla and milk. Pour over pudding and refrigerate for 1 hour to set.

Alma Trollinger

PAVLOVA (NEW ZEALAND DESSERT)

4 egg whites (at room temp.)	1 tsp. corn meal
1 cup superfine instant dissolving sugar	1 tsp. vanilla flavoring
	1 tsp. "malt" vinegar

Beat egg whites until stiff. Then, add sugar 1/3 at a time. Next add corn meal, vanilla and vinegar at slower speed. Blend together. Mixture should be very stiff. Pile meringue on aluminum foil sheet that has been lightly sprayed with Pam. Smooth out meringue into circle approximately 2 or 3 inches high. Bake at 350 degrees until lightly brown then turn off oven. Leave in oven for 2 hours. DO NOT OPEN OVEN DOOR. Decorate with whipped cream after removing tin foil. Top with fruit. *This recipe can be doubled, which is what I usually do. It's very good and rich.

Cindy McIntyre

PERSIMMON PUDDING

3/4 cup sugar	2 cups persimmon pulp
2 cups plain flour	1 cup buttermilk
1 tsp. soda	2 eggs beaten
1/2 tsp. salt	1 tsp. vanilla
1 tsp. pumpkin pie spice	2 tbsps. melted margarine

Mix sugar, flour, soda, salt and pumpkin pie spice. Mix remaining ingredients and add to dry mix. Blend well. Grease and flour a 9 x 13 inch pan. Spread mixture into pan and bake for 1 1/2 to 2 hours in a 300 degree oven.

Nettie Felmet

SWEET POTATO PUDDING

Grate as much potato as you think you need. Two or three eggs if they are not too high. (Beat whites separately if you have time.) A good-sized piece of butter if you have it to spare. Sweeten to suit your taste if you have sugar enough. Milk or water for a thin batter. (I prefer water.) A generous pinch of salt. Flavor with nutmeg or other spices as preferred. Bake it until it is done and eat it when you want it.

Submitted by Mae Crawford

SUMMER STRAWBERRY DESSERT

- | | |
|---|---|
| 1 (1.3 oz.) pkg. whipped topping mix | 2 (6 oz.) commercial angel food cake |
| 1/2 cup skim milk | 2 cups fresh strawberries |
| 1 carton plain yogurt | 3 kiwi fruit |
| 1 tsp. vanilla extract | 2 Tbsp. sliced almonds |

Tear angel food cake into bite size pieces. Slice strawberries and kiwi fruit and toast almonds. Prepare whipped topping mix according to package directions using 1/2 cup skim milk and 1 teaspoon vanilla. Fold in yogurt and set aside

Layer half of cake, yogurt mixture, strawberries and kiwi fruit in an 8 inch square dish. Repeat layers. Sprinkle almonds on top. Cover and chill at least 2 hours. Yield: 8 servings (162 calories 17 percent from fat per 3/4 cup serving.

Kaye J. Snipes

TOFFEE COFFEE TORTE

- | | |
|------------------------------------|--------------------------------|
| 1 sm. box chocolate pudding | 1 carton whipping cream |
| 3 tbsp. instant coffee | 1 large angel food cake |
| 1 1/2 cup milk | 2 Heath candy bars |

Add instant coffee and milk to pudding mix. Cook according to directions on package. Cover and chill in refrigerator. Whip one carton of whipping cream, fold 1/2 of whipped cream into chilled chocolate pudding. Slice one large round angel food cake into three layers. Spread part of the chocolate mixture between layers. Fold remaining whipped cream into remaining chocolate mixture and ice top and sides of cake.

Crush 2 chilled Heath candy bars and sprinkle on top of cake.

Ann Nicholson

CHEESECAKE

CRUST:

1/2 cup margarine softened
 1/3 cup sugar
 1 cup self-rising flour
 1/3 cup chopped nuts

FILLING:

2 (8 oz.) cream cheese
 1/2 cup sugar
 2 eggs
 1/2 tsp. vanilla extract
 1/2 tsp. almond extract
 2 cups (16 oz.) sour cream

Cream margarine and sugar until fluffy. Add flour and nuts. Spread in bottom of spring form pan. Bake 10 to 15 minutes in 350 degree oven. Remove and cool.

Beat cheese and sugar until fluffy. Add eggs and flavorings, mix well. Add sour cream and mix well. Pour into the cooled crust. Bake 30 minutes in a 350 degree oven. Turn off the oven but leave the cheesecake in the oven for 30 minutes longer. Remove after 30 minutes and cool. Chill and add topping of your choice or serve plain.

Kitty Bradshaw

EASY CHEESECAKE

1 can eagle brand condensed
 milk
 1 (8 oz.) cream cheese

3 tsp. lemon juice
 1 can cherry pie filling
 1 graham cracker crust

Mix milk, cream cheese and lemon juice together. Pour into a graham cracker crust. Bake at 350 degrees for 35 minutes. Top with cherry pie filling.

Vickie Felmet McGee

NO FAIL CREAMY VANILLA CHEESECAKE

Filling:

5 (8 oz.) pkgs. cream cheese
 (softened)
 1 1/2 cups sugar
 3 eggs
 2 1/2 tsp. vanilla flavoring

Crust:

1 2/3 cups graham cracker
 crumbs
 1/3 cup melted margarine

Beat cream cheese on high until light and fluffy; gradually add sugar, beating well. Add eggs one at a time, beating well. Stir in vanilla. Pour into graham cracker crust.

CRUST: Combine crumbs and margarine, stirring well. Firmly press mixture evenly on bottom and 1 inch up sides of a 10 inch. springform cheesecake pan. Bake at 350 degrees for 5 minutes. Remove from oven and add cheese cake mixture. Return to oven and bake at 350 degrees for 40 minutes; turn oven off. Leave cheesecake in the oven for 30 minutes more. Remove from the oven and let cool on a wire rack. Cover and chill at least 8 hours.

Cindy McIntyre

HERSHEY'S CREAMY CHOCOLATE CHEESECAKE

1 cup salted or unsalted finely crushed pretzels	1 cup sugar
1 tbsp. sugar	1/3 cup Hershey's Cocoa
1/3 cup margarine (melted)	2 eggs
2 (8 oz.) pkgs. cream cheese	1 cup sour cream
	2 tsp. vanilla

Heat oven to 350 degrees. For the crust, in a medium bowl combine crushed pretzels and 1 tablespoon sugar; stir in butter. Press mixture on bottom of a 9 inch pan. Bake 8 minutes, cool slightly. In a large mixer bowl, beat cream cheese until smooth and fluffy. Gradually beat in 1 cup sugar and cocoa. Add eggs one at a time beating well after each addition. Stir in sour cream and vanilla, blend well. Pour into the pan. Bake for 35 minutes. Turn the oven off but leave the cheesecake in the oven for 20 minutes longer without opening the oven door. Cool cake completely. Cover and refrigerate.

Serene Bartholomew

MINI - CHEESECAKES

12 vanilla wafers	1/2 cup sugar
2 (8 oz.) pkgs. cream cheese (softened)	1 tsp. vanilla
	2 eggs

Line muffin tins with foil liners. Place one vanilla wafer in each liner. Mix cream cheese, vanilla and sugar on medium speed until well-blended. Add eggs and mix well. Pour over wafers, filling to 3/4 full. Bake 25 minutes at 325 degrees. Remove from pan when cool. Chill.
*Top with fruit, preserves, nuts or chocolate.

Lila Kirk

APPLE COBBLER

1/2 cup self-rising flour	1 cup milk
1 stick margarine (melted)	2 cups apples (peeled and sliced)*
1 cup sugar	

Mix flour and sugar together . Add milk. Mix together and add margarine. After mixing well, add fruit. Pour into a greased 11 x 7 inch. pan. Bake at 350 degrees for 25 to 30 minutes or until done. Serve warm with ice cream.

*Other fruit can be substituted for the apples.

Paige H. Winslow

APPLE DUMPLINGS

1 - 8 oz. can refrigerator crescent dinner rolls	1/2 cup sugar
2 lg. apples	1 tbsp. ground cinnamon
2 tbsps. melted butter or margarine	1/2 cup orange juice
	Whipping cream (optional)

Peel, core and halve apples. Separate dinner rolls dough into 4 rectangles. Place an apple half in center of each; pull corners of rectangle over apple and pinch dough together, sealing all seams well. Place in a lightly greased 9 inch square baking dish, and drizzle with butter. Combine sugar and cinnamon and sprinkle over dumplings. Pour orange juice into dish; cover with foil. Bake at 400 degrees for 35 minutes. Serve hot. Top with whipped cream. Yields: 4 servings

Billie Johnson

APPLE CRISP

4 cups sliced tart apples
1 tbsp. lemon juice
1/4 cup sugar

Topping:
1/3 cup margarine
1/3 cup flour
1 cup dry oatmeal
1/2 cup packed brown sugar
1 tsp. cinnamon

Spray a dish with Pam. Spread apples in bottom of the dish and sprinkle with lemon juice and sugar. Toss to mix well. Mix dry ingredients and add melted margarine to make a crumbly mix. Sprinkle over top of apples. Bake about 30 minutes in 350 degree oven. Serve warm or cold.

*Good with vanilla ice cream while hot.

Kitty Bradshaw

APPLE-CHEESE CRISP

6 cups cored, pared, sliced
apples
1 tsp. cinnamon
1 tbsp. lemon juice
1/2 cup corn syrup

1/2 cup granulated sugar
2/3 cup sifted plain flour
1/4 tsp. salt
1/3 cup butter or margarine
1/4 lb. (1 cup) grated cheese

Arrange apples in greased, shallow baking dish about 10 x 6 x 2 inches. Sprinkle with cinnamon. Pour lemon juice and corn syrup over apples. Combine sugar, flour and salt.; cut in butter until mixture is consistency of coarse corn meal. Lightly stir in cheese. Top apples with this mixture. Bake, uncovered, in moderate oven of 350 degrees for 1 hour or until apples are very tender. Serve warm with or without cream. Yield: serves 6 or 7.

Priscilla Lloyd

BLUEBERRY CRUNCH

1 can blueberry pie filling	1 cup coconut
1(20 oz.) can crushed pineapple	1 cup chopped pecans
1 box yellow cake mix	1 1/2 stick margarine (melted)

Spray 13 x 9 inch or larger casserole with Pam. Spread pie filling evenly in casserole dish. Add crushed pineapple on top of blueberries. Pour dry cake mix on top of pineapple. Slightly press cake mix. Pour margarine on top of cake mix. Sprinkle pecans and coconut on top. Bake at 350 degrees for 40 minutes.

Betty Holmes

EASY CHERRY COBBLER

2 sticks margarine	1 cup flour
1 cup sugar	1 tsp. baking powder
1 cup milk	1 can cherry pie filling

Melt margarine and pour in baking dish. Mix sugar, milk, flour and baking powder together and pour mixture into melted margarine. Add cherry pie filling. Bake at 350 degrees for 1 hour.

Martha Kirk

"MOCK" DRIED PEACHES FOR PIES (CANNING)

2 gallons peeled peaches cut in fourths	6 cups sugar
	1/2 cup vinegar

Mix sugar and vinegar. Add peaches. Cook till tender. Put in clean jars and seal. Can be used to make fried pies or regular pies.

Kitty Bradshaw

BLUEBERRY NUT CRUNCH

1 (No. 2 1/2) can crushed
pineapple
3 cups fresh or frozen
blueberries
3/4 cup sugar

1 box yellow cake mix
1/4 lb. melted butter or
margarine
1 cup (or more) chopped pecans
1/4 cup sugar

Lightly grease a 9 x 13 inch baking pan or dish and spread the undrained crushed pineapple over the bottom of the pan.

Add the layer of blueberries and 3/4 cup of sugar. Sprinkle the box of cake mix on top of the fruit layers. Then drizzle the melted butter or margarine all over the layer of dry cake mix; top it all with a generous amount of pecans.

Finally for a crunch glaze, sprinkle the remaining 1/4 cup of sugar on top. Bake in a preheated oven at 350 degrees for 35 to 40 minutes, or until cake mix is done.

After the cake has cooked for about 35 minutes, take a spoon and cut down the bottom of pan. Do this in many places to permit juices to come through the cake.

Joy M. Gambill

FRESH PEACH COBBLER

1 1/2 cups thinly sliced peaches
1 cup sugar
1/4 cup water
1 egg
1 tbsp. Crisco or butter

1 tbsp. milk
1/2 cup plain flour
1/2 tsp. baking powder
1/4 tsp. salt.

Preheat oven to 375 degrees. Spray 11 x 7 inch dish with Pam. In a saucepan, combine peaches, 1/2 cup sugar and water. Bring to boil stirring frequently. Beat egg, 1/2 cup sugar and shortening until fluffy. Add milk and stir in flour, baking powder and salt. Spread in dish. Pour peaches evenly over batter. Bake 25 to 30 minutes or until peaches are tender.

*You may use apples, blackberries, strawberries or blueberries instead of peaches.

Kitty Bradshaw

PEACH COBBLER

1 cup sugar
 2 tbsp. cornstarch
 1/2 tsp. cinnamon
 1 cup water
 2 tbsp. butter or margarine
 5 cups sliced fresh peaches

Biscuit Topping:
 1 1/2 cups biscuit mix
 4 tbsp. sugar
 2/3 cups light cream
 2 tsp. grated lemon peel

Set oven at 450 degrees. Blend 1 cup sugar, cornstarch and cinnamon in 1 quart saucepan; add water. Bring to boil stirring constantly. Remove from heat and add butter and peaches. Pour into a shallow baking dish.

Combine biscuit mix and 2 tbsp. sugar; blend in cream with a fork. Drop dough in 6 mounds around edge of baking dish. Combine the 2 remaining tablespoons of sugar and lemon peel; sprinkle on dough.

Bake 25 minutes or until peaches are tender and biscuits are golden brown. Serve warm with plain or whipped cream.

Yields: 6 generous servings

Vivian Gwynn's Sister-In-Law

Doris Pender

PEACH CRINKLE

1 (29 oz.) can sliced peaches (drained)	2/3 cup firmly packed light brown sugar
1 tsp. grated lemon rind (optional)	1/4 cup butter or margarine
1 (9 oz.) pkg. pie crust mix	Vanilla ice cream

Place peaches in a lightly greased 12 x 8 x 2 inch baking dish. Sprinkle with lemon rind.

Combine pie crust mix and brown sugar; sprinkle over rind. Dot with butter. Bake at 425 degrees for 15 to 20 minutes. Serve with ice cream. **Yields:** 6 to 8 servings

Billie Johnson

QUICK COBBLER

1 cup sugar	1 qt. sweetened fruit and
1 cup self-rising flour	juice (apples, peaches,
1 cup milk	strawberries, etc.)
	1 stick margarine
	1 tsp. vanilla (optional)

Melt margarine in baking dish or pan. Mix flour and sugar, add milk and vanilla. Stir well. Put fruit in baking dish or pan, add mixture and bake at 350 degrees until brown.

Priscilla Lloyd

BUTTERMILK PIE

1/2 cup margarine	3 eggs
2 cups sugar	1 cup buttermilk
3 rounded tbsp. flour	1 tsp. vanilla (lemon can be
dash nutmeg (optional)	used)

Cream margarine and sugar well. Add flour and eggs. Beat well. Stir in buttermilk, vanilla and nutmeg. Pour into unbaked pie shell. Bake at 350 degrees for 45 to 50 minutes.

Alice Ivey

BUTTERMILK CHESS PIE

1 cup buttermilk	1 tbsp. cornmeal
2 cups sugar	1 tbsp. flour
4 eggs	1 tsp. vanilla extract
1 stick margarine	1 tsp. lemon extract
	pinch salt

Combine all ingredients in blender and blend well. Pour into two unbaked pie shells. Bake at 350 degrees for 35 to 45 minutes.

Kitty Bradshaw

CHESS PIE

3 cups brown sugar	3 eggs
1/2 cup water	1/4 lb. butter
1/2 cup flour	1 tsp. vanilla

Cream butter. Add sugar and flour. Then add well beaten eggs, water and vanilla. Pour into unbaked pie shell and bake for 30 minutes at 425 degrees.

*Submitted by her daughter
Priscilla Lloyd*

Lora Wilkerson

CHESS PIE

1 1/4 cups sugar	3 eggs
1/2 stick butter	1 tbsp. vinegar
1 tsp. vanilla	

Beat eggs and add all other ingredients. Mix well. Pour into unbaked pie shell and bake at 400 degrees until done.

Peggy Hamlett

CHOCOLATE CHESS PIE

1 cup sugar	1/2 cup light corn syrup
3 tbsp. cornmeal	1 tsp. vanilla
3 tbsp. cocoa	1 unbaked 9 inch pie shell
3 eggs (well beaten)	
1/2 cup melted butter or margarine	

Mix the sugar, cornmeal and cocoa in a bowl. Add the eggs, butter, corn syrup and vanilla and mix well. Pour into pie shell. Bake at 350 degrees for 45 minutes.

Daphne Andrews

MINNIE'S LEMON CHESS PIE

2 cups sugar	1/4 cup milk
1 tbsp. cornmeal	4 tbsp. lemon rind
4 eggs	1/4 cup lemon juice
1/4 cup melted margarine	

Mix sugar and cornmeal. Add remaining ingredients and mix until smooth. Pour into crust . Bake at 375 degrees for 45 minutes or until brown.

Kitty Bradshaw

CHOCOLATE PIE

1/2 stick margarine melted	1 small can pet milk
2 eggs (beaten)	1 tsp. vanilla
3 1/2 tbsp. cocoa	1 1/2 cups sugar

Beat eggs, add sugar and cocoa. Next, add milk, margarine and vanilla. Mix well. Bake in a 350 degree oven for 45 minutes.

Jewel Crawford

CHOCOLATE PIE

1 cup sugar	1 cup milk
3 tbsp. flour	2 eggs
3 tbsp. cocoa	1 tsp. vanilla
	Dash of salt

Combine first three ingredients and mix well. Separate eggs and beat yolks. Add milk, salt and vanilla to yolks and add to the first mixture. Pour into pan lined with pastry. Bake slowly in a 350 degree oven until done.

Make a meringue of egg whites , 4 tbsps. flour and sugar. Beat until stiff. Add to pie and return to oven until meringue is lightly browned.

Alice Ivey

CHOCOLATE PIE

1(1 oz.) square chocolate	2 tsp. vanilla flavoring
1/2 stick margarine	1/2 cup undiluted milk
1 cup sugar	2 eggs (beaten)
	1 unbaked pie shell

Melt margarine and chocolate over low heat. Remove from heat. Mix sugar and flavoring with chocolate mixture. Beat eggs and milk then blend well with above mixture. Pour into unbaked pie shell. Bake at 350 degrees until mixture is set, about 35 minutes.

Billie Johnson

CHOCOLATE PIE

1 cup sugar	1 cup milk
3 tbsp. cocoa	3 eggs (separate, save whites for meringue)
3 tbsp flour	2 tbsp. margarine, melted

Mix ingredients well. Pour into deep dish pie shell. Bake in 350 degree oven until pie is beginning to set well. Beat egg white, add 1 tbsp. sugar for each white. Pour over pie and brown .

Decie Kenyon

GRAND CHOCOLATE PIE

1 1/2 cups sugar	3 tbsp flour
3 tbsp. cocoa	3 egg yolks
3 tbsp butter	3 egg whites
	1 cup milk

Stir dry ingredients together first. Stir in milk, egg yolks and butter. Pour in unbaked pie shell. Bake at 350 degrees for 45 minutes to 1 hour or until firm.

Meringue: beat 3 egg whites until still, add 6 tablespoons sugar, a pinch of salt and 1/4 teaspoon cream of tartar. Add the sugar a little at time. Spread on pie and return to oven and bake at 350 degrees for about 12 minutes or until lightly brown.

With Sister-in-Law Eleanor Page

Vivian Gwynn

CHOCOLATE CREAM PIE

2 tbsp. fat	1/4 tsp. salt
6 tbsp flour	2 egg yolks beaten
1 1/2 cups milk	1 tsp. vanilla
2 oz. unsweetened chocolate (shaved)	baked pastry shell
3/4 cups sugar	2 tbsp. confectioners sugar
	2 egg whites, stiffly beaten

Melt fat, add flour, milk, chocolate, sugar and salt. Heat slowly to boiling, stirring constantly until thick and smooth. Remove from heat. Add a small amount of hot mixture to egg yolks then return to chocolate mixture. Add vanilla. Turn into pastry shell. Top with meringue made from egg whites and confectioners sugar. Brown under broiler. Whipped cream may be substituted for meringue. One-half cup chopped pecans may be added to filling just before turning into pastry shell.

Priscilla Lloyd

FOUR LAYER CHOCOLATE PIE

<i>1st. layer:</i>	<i>3rd layer:</i>
1 cup all purpose flour	1 large box Jello instant chocolate pudding mix
1 stick margarine softened	3 cups milk
1 cup chopped nuts	
<i>2nd layer:</i>	<i>4th layer:</i>
1 cup confectioners sugar	cool whip
1 (8 oz.) softened cream cheese	
1/2 of 13 oz. cool whip	

Combine ingredients of first layer and press into a greased oblong pyrex dish. Bake for 20 minutes at 350 degrees.

Combine confectioners sugar, cream cheese and cool whip and spread on first layer.

Combine pudding mix with milk and spread over 2nd layer.

Finally, spread remainder of cool whip on top of 3rd layer and refrigerate.

Bonnie Kirk

BUTTERMILK COCONUT PIE

1/2 stick butter	1/3 cup buttermilk
2 eggs	1/2 cup coconut
1/2 tsp. vanilla	1 unbaked pie shell
1 cup sugar	

Cream butter with sugar; add eggs and buttermilk. Beat well. Add vanilla and coconut. Pour into pastry shell and bake at 375 degrees for 30 minutes.

Phyllis Padgett

COCONUT PIE

1 1/2 cups sugar	1 can baker angel flake coconut
4 eggs	1/2 cup buttermilk
1 stick butter melted	

Mix sugar and eggs together. Add remaining ingredients and mix well. Pour into unbaked pie shell and bake at 350 degrees for about 45 minutes. Makes 2 pies.

Martha Kirk

COCONUT CREAM PIE

1/4 cup flour	2 tbsp. butter
2/3 cup sugar	1 tsp. vanilla
1/4 tsp. salt	1 cup coconut
2 cups milk, scalded	1 10" pie shell
3 egg yolks	

Mix together everything except vanilla . Cook in double boiler until thick. Remove from heat and cool. Add vanilla and pour into pie shell. Top with beaten egg whites and chill.

Priscilla Lloyd

COCONUT CREAM PIE

4 tbsp. flour	2 eggs (save whites for meringue)
1 cup sugar	2 tbsp. margarine
2 cups milk	1 small can coconut
1 tsp. vanilla	

Cook sugar, flour and milk until thickened. Add margarine, coconut and vanilla. Pour into baked deep dish pie shell. Beat egg whites. Gradually add 2 tbsps. sugar for each white. Brown meringue in 350 degree oven.

Decie Kenyon

IMPOSSIBLE COCONUT PIE

4 beaten eggs	1 tsp. vanilla
1 3/4 cups sugar	1/8 tsp. salt
1/2 cup self-rising flour	1/2 stick butter
2 cups milk	1 can coconut

Beat eggs, add sugar and milk. Beat well. Add salt and flour. Mix well. Stir in melted butter, vanilla and coconut. Pour into 2 pie pans. Bake at 350 degrees for 25 minutes.

Vickie Felmet McGee

CUSTARD PIE

4 eggs	1 cup evaporated milk
2 cups sugar	1 stick butter, melted
1 tbsp. flour	1 tsp. vanilla

Beat eggs, add remaining ingredients and beat until smooth. Pour into 2 pie shells. Bake at 350 to 400 degrees for 35 to 40 minutes.

To make chocolate custard pie, add 1 to 2 Tbsps. cocoa and beat well.

Mary Lin Truelove

FRUIT PIE

1 can sweetened condensed milk **1 small can mandarin oranges**
Juice of 2 or 3 lemons **(drained)**
1 can sliced peaches (drained) **8 oz. whipped topping.**
1 can crushed pineapple
(drained)

Mix sweetened condensed milk with lemon juice. Stir in drained fruit. Stir in whipped topping mix. Pour in 2 9-inch graham cracker crusts. Refrigerate for several hours, (preferable overnight) before cutting. This will keep for several days in the refrigerator.

And Sister-in-Law Doris Pender

Vivian Gwynn

JAPANESE PIE

4 eggs **2 tbsp. vinegar**
2 cups sugar **1 tsp. vanilla**
1 cup coconut **2 sticks margarine**
1 cup raisins **1/4 tsp. salt**
1 cup nuts

Beat eggs lightly with fork. Add rest of ingredients except margarine. Melt margarine and add to other ingredients. Pour into uncooked pie shells. Bake at 350 degrees for 10 minutes. Turn oven to 300 degrees and continue to bake until done.

Make 2 pies.

Submitted by Priscilla Lloyd

Lora Wilkerson

JAPANESE FRUIT PIE

1/2 stick margarine melted **1/2 cup pecans**
1 scant cup sugar **1/2 cup coconut**
2 eggs (well beaten) **Juice 1/2 lemon**
1/2 cup raisins **1 tsp. grated lemon rind**

Combine all ingredients and bake in unbaked pie shell for 40 minutes at 300 degrees. Good at Christmas.

Peggy Hamlett

JAPANESE FRUIT PIE

1 cup sugar	1/2 cup butter
1/2 cup milk	2 eggs
1 tbsp. vinegar	1 tbsp. vanilla
1/2 cup pecans	1/2 cup raisins
1/2 cup coconut	

Mix all ingredients together. Pour into unbaked pie shell. Bake at 325 degrees for 40 minutes. Makes 2 pies or 1 deep dish pie.

Phyllis Padgett

LEMON PIE

1 1/2 cups sugar	Rind of 1 lemon
3 tbsp. flour	2 tbsp. margarine
4 tbsp. cornstarch	3 egg whites
1/2 tsp. salt	6 tbsp. sugar
2 1/2 cups hot water	2 tsp. lemon juice
3 egg yolks (beaten)	1 pie shell
Juice of 2 lemons	

Mix sugar, flour, cornstarch and salt. Add hot water. Cook over medium heat until thick, stirring constantly. Add egg yolks slowly to hot mixture. Cook for 1 minute more. Remove from heat and add margarine, lemon juice and rind. Mix well. Cool. Bake pie shell and cool. Spread pie filling in cooled pie shell. Top with meringue.

Meringue: Beat 3 egg whites until stiff. Add lemon juice slowly while beating egg whites. Add sugar 1 tbsp. at a time. Beat well after each addition. Will take about 8 to 10 minutes to add all of sugar. Bake pie at 325 degree for approximately 20 minutes or until lightly brown.

Leta Bradshaw

LEMON MERINGUE PIE

2 beaten egg yolks	1 can sweetened condensed milk
2 Tbsp. sugar	juice of 3 small lemons
2 egg whites	1 graham cracker crust

Mix egg yolks, condensed milk and lemon juice well. Pour into pie crust. Beat egg whites until stiff gradually adding sugar. Spread on top of pie and bake in 325 degree oven until brown. Makes 1 pie.

Vivian Gwynn's Sister

Mildred Page

MICROWAVE LEMON PIE

1/4 cup lemon juice	1 pkg. lemon Jello (not instant)
1/2 cup sugar	2 eggs
Cool whip	

Combine lemon juice, sugar and Jello. Beat in eggs. Cover with saran wrap and cook in microwave for 6 minutes stirring at 2 minute intervals.

Pour 1 cup in baked pie shell and cover with plastic wrap until cool. Cool remaining filling and add 1 cup cool whip topping. Pour in pie shell and top with cool whip when chilled.

Submitted by Chris Gambill

Ruth Gambill

LEMON BLUEBERRY PIE

4 cups blueberries	Dash of salt
3/4 to 1 cup sugar	1/2 tsp. cinnamon
3 tbsp. flour	1/2 tsp. nutmeg
1/2 tsp. grated lemon peel	1 uncooked pie shell

Mix all ingredients together in large bowl; pour in pie shell. Sprinkle with lemon juice and dot with butter or margarine. Bake at 400 degrees until crust is brown.

Jenny Herring Bryant

CHIPPIE' S LEMON CHESS PIE**(Chippie was a famous old Southern cook)**

2 cups sugar	1/4 cup melted butter
1 tbsp. cornmeal	1/4 cup milk
4 eggs (unbeaten)	4 tbsp. grated lemon rind
	1/4 cup lemon juice

Line a 9 inch pie pan with pastry. Put sugar and cornmeal into a large bowl and toss lightly with a fork. Add eggs, butter, milk, lemon rind and lemon juice. Beat until smooth and pour into the unbaked pie shell. Bake at 375 degrees for 35 to 45 minutes or until golden brown.

*Rebecca Crawford***LEMON CREAM PIE**

1 cup sugar	1/2 cup lemon juice
4 tbsp. cornstarch	3 egg whites
1/4 tsp. salt	3 tbsp. sugar
2 cups milk	
3 egg yolks	
3 tbsp. margarine	1 deep dish pie shell
1 tsp. grated lemon peel	

Add small amount of milk to dry ingredients using wire whisk. Gradually add remaining milk. Cook until thickened, stirring constantly to keep from sticking. Stir small amount of milk mixture into egg yolks. Gradually add to milk mixture. Remove from heat and stir in lemon juice and margarine. Pour into baked pie shell. Beat egg whites for meringue gradually adding 3 tbsps. sugar. Bake in 325 degree oven until brown.

Decie Kenyon

LEMON MERINGUE

1 box vanilla wafers	2 cans Eaglebrand sweetened
4 lemons	condensed milk
4 eggs	4 tbsp. sugar

In (2) 10-inch pyrex pie plates, arrange vanilla wafers to form crust.

In a large mixing bowl, mix condensed milk and egg yolks well; then add juice from 4 lemons and mix well. Pour over vanilla wafer crust. Beat egg whites, adding **1 tbsp. of sugar for each egg white**. Beat egg whites, add sugar and beat again until meringue is smooth. Spread over lemon mixture. Bake at 400 degrees until golden brown.

Patricia Ross

PECAN PIE

1/2 cup white sugar	2 Tbsp. butter
2 eggs	2 Tbsp. flour
1/4 tsp. salt	1 tsp. vanilla
1 cup white karo syrup	1 cup nuts

Mix flour, salt and sugar together. Cream with butter. Beat eggs until foamy . Add to creamed mixture. Mix well. Add syrup, flavoring and nuts. Bake at 375 degrees for 10 minutes, reduce heat to 350 degrees and bake approximately 45 minutes or until pie will not shake in crust.

Martha Kirk

PECAN PIE

2 eggs	2 cups light brown sugar
1 Tbsp. flour	1/3 cup milk
1/4 cup melted butter	1 cup pecans

Mix ingredients well and pour into pie crust. Bake at 350 degrees for 30 minutes or until brown.

Priscilla Lloyd

PECAN PIE

1 box of brown sugar	1 tbsp. vanilla
4 tbsp. melted butter	10 tbsp. evaporated milk
4 eggs	1 cup pecans

Mix all ingredients together. Pour into pie shells. Bake at 350 degrees about one hour. Makes 2 pies or 16 tarts.

Viola Deal

SOUTHERN PECAN PIE

1 (9") unbaked pie shell	2/3 cup dark corn syrup
3 eggs	1/3 cup melted butter
2/3 cup sugar	2 cups chopped pecans
dash of salt	

Beat eggs thoroughly with sugar, salt, corn syrup and melted butter. Add pecans. Pour into unbaked pie shell. Bake at 350 degrees for 50 minutes.

Shirley Rishel

AUNT LOIS' PECAN PIE

1/4 cup butter (melted)	1 cup light corn syrup
1 cup brown sugar	3 eggs
1/4 tsp. salt	1 cup pecans (chopped)
1 tsp. vanilla	

Mix well in order given and pour in uncooked pie crust. Bake at 350 degrees for 1 hour. Makes 1 large 9 inch pie or two small pies.

Susan Trollinger

PECAN PIE

1 stick margarine	2 tsp. vinegar
3 tbsp. flour	1 1/2 tsp. vanilla
1 box light brown sugar	1 cup chopped pecans
3 eggs	
6 Tbsp. milk	2 pie shells

Melt margarine and set aside to cool. Mix flour and sugar together. Add milk and eggs. Beat well. Stir in vinegar and vanilla. Add margarine and pecans. Pour in 2 pie crusts and place in cold oven. Bake at 300 degrees for 1 hour.

Paige H. Winslow

SWEET POTATO PIE

4 large sweet potatoes	1 stick margarine
4 eggs	1 tbsp. vanilla
1 3/4 cups sugar	1 tbsp. cinnamon
	Enough milk to mix well

Boil potatoes until done. Put in cool water. Then peel potatoes and mix all above ingredients together. Pour in 2 pie shells and bake at 350 degrees for 1 hour.

Makes 2 pies or 1 deep dish pie.

Vivian Gwynn

SENSATIONAL DOUBLE LAYER PUMPKIN PIE

Crust:

1 large graham cracker pie
crust
1/3 cup butter
1/4 cup packed light brown
sugar
2 Tbsp. water
1 Tbsp. cornstarch
2/3 cup coarsely chopped pecans

Filling:

1 pkg. (3 oz.) cream cheese,
softened
1 cup plus 1 Tbsp. cold half &
half or milk
1 Tbsp. sugar
1 1/2 cups cool whip
2 sm. pkgs. vanilla instant
Jello pudding
1 16 oz. can pumpkin
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves

CRUST: Place butter in microwave. Cook on high for 1 minute until melted. Add sugar, water and cornstarch. Stir with whisk until smooth. Cook on high for 1 minute until mixture comes to full boil, stir in chopped pecans. Spread mixture on bottom of crust. Place crust in freezer while preparing filling. Carefully spread filling over pecan layer. Chill pie for 3 to 4 hours in refrigerator.

FILLING: Mix cream cheese, 1 Tbsp. half and half and sugar with wire whisk until smooth. Gently stir in whipped topping. Spread on crust. Pour 1 cup half and half into mixing bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. Let stand 3 minutes. STIR in pumpkin and spices. Mix well. Spread over cream cheese layer. Refrigerator. Garnish with additional whipped topping and nuts as desired.

Phyllis Padgett

THREE KITTEN PIE

1 3 oz. pkg. cream cheese
(softened)
1/2 cup sugar

3/4 cup crunchy peanut butter
8 oz. whipped topping
1 graham cracker pie crust

Using an electric mixer, mix cream cheese, sugar and peanut butter in large bowl. Add whipped topping. Pour into pie crust. Chill one hour before serving.

Aaron Kirk

APPLE NUT CAKE

3 cups apples (Tart-Winesap)
 3 cups flour (plain)
 1 tsp. soda
 1 tsp. salt
 1 cup pecans
 2 tsp. vanilla
 2 cups sugar
 1 1/2 cups Mazola oil
 3 eggs

Brown Sugar Glaze:
 1 stick margarine
 1/4 cup milk (evaporated)
 1 cup light brown sugar

Butter and flour pan. Grate apples (course) or slice thin about the size of an almond slivered. Put all ingredients in mixing bowl. Beat eggs well and add to other ingredients. Mix all ingredients well. Pour mixture in floured and greased pan (13" x 9" x 2"). Bake for 45 minutes to 1 hour at 350 degrees.

GLAZE: Bring mixture to boil. Pour over warm cake. Let cake set overnight for best flavor.

Ann Nicholson

APPLE - RAISIN CAKE

3 eggs
 2 cups sugar
 1 cup cooking oil
 2 1/2 cups plain flour
 2 tsp. baking powder
 1 tsp. soda
 1 tsp. salt

1 tsp. nutmeg
 3 cups chopped raw apples
 1 cup raisins
 1 cup chopped nuts
 1 tsp. lemon juice or flavoring

Mix eggs, sugar and oil. Sift flour, soda, baking powder, salt and nutmeg. Flour raisins with small amount of the flour. Combine raisins, apples, nuts with cake. Beat in mixer. Put in tube pan. Bake 1 hour in 350 degree oven.

Ethel Cheek

APPLE ROMAN CAKE

1 cup sugar
2 1/4 cups flour
1/4 tsp. salt
3/8 tsp. baking powder
1 1/2 tsp. soda
1/2 tsp. cloves
1 tsp. cinnamon

2/3 cup shortening
2 eggs
2/3 cup milk
1 1/2 tsp. vanilla

Topping:

1 tbsp. melted margarine
2 tsp. cinnamon
1/3 cup brown sugar
2 tsp. flour
1/2 cup chopped nuts or coconut
 (optional)
1/4 cup rolled oats

3 cups raw apples, pared and chopped

Combine sugar, flour, salt, baking powder, soda, cloves and cinnamon. Beat in shortening, eggs, milk and vanilla. Add apples and mix well. Pour into greased and floured 9 x 13 pan. Crumble topping mixture together and cover cake. Bake in a preheated 350 degree oven for 35 to 40 minutes. Serves 12-16

Joy Gambill

APRICOT LEMON SUPREME CAKE

1/2 cup cooking oil
1/2 cup sugar
4 eggs--partly beaten
1 box lemon supreme cake mix
1 cup apricot nectar

Topping:

2 lemons
1/8 cup apricot nectar
2 cups powdered sugar

Mix cake ingredients slowly until there are no lumps. Bake in a tube pan at 350 degrees for 1 hour. While cake is baking, mix the juice for the topping. When cake comes out of the oven, mix topping until smooth. Poke holes in the cake with a fork and pour topping over the top of cake while it is still hot.

Pat Griggs

APPLE SAUCE CAKE

3 1/2 cups plain flour	2 cups floured raisins
2 tsp. soda	2 cups floured chopped nuts
2 tsp. cinnamon	2 cups hot thick applesauce
1 tsp. cloves (optional)	1 sm. pkg. chopped red candied cherries
1 cup softened margarine	1 sm. pkg. chopped green candied cherries
2 cups sugar	1 sm. pkg. candied chopped pineapple
3 eggs (beaten)	
1 tsp. vanilla	

Cream margarine and sugar, add eggs. Mix 3 cups plain flour with soda, cinnamon and cloves (optional). Cover raisins, nuts, cherries and pineapple with 1/2 cup flour and mix well. Add hot applesauce to batter and blend well then add raisins, nuts, etc. and vanilla. Pour into greased and floured tube pan and bake at 350 degrees for approximately 2 hours. (Excellent Christmas Cake).

Decie Kenyon

BLACK MIDNIGHT CAKE

2 1/4 cups cake flour	1/4 tsp. baking powder
1 2/3 cups sugar	1 1/4 cups water
2/3 cups cocoa	1/4 cup shortening
1 1/4 tsp. baking soda	2 eggs
1 tsp. salt	1 tsp. vanilla

Preheat oven at 350 degrees. Grease and flour two 9 " cake pans or one 13" x 9" oblong pan. Measure all ingredients into large mixing bowl. Blend 1/2 min. on low, scraping bowl constantly. Beat 3 minutes on high speed. Pour into pans. Bake 30 minutes for two 9 " round pans or 45 minutes for one 13' x 9" pan.

Shirley Rishel

BROWN SUGAR NUT POUND CAKE

1 lb. brown sugar	1/2 tsp. salt
1 cup granulated sugar	1/2 tsp. baking powder
1 cup shortening or butter	1 tsp. vanilla
1/2 cup Crisco	1 cup milk
3 cups plain flour (measure before sifted)	5 large eggs
	2 cups broken pecans

Cream shortening, butter and sugars. Add eggs one at a time. Mix dry ingredients, sift several times and stir into creamed mixture. Add milk and vanilla. Grease tube pan and sprinkle with sugar. Add half of nuts to batter and sprinkle other nuts over cake after you put batter into pan. Bake 325 degrees for 1 1/2 hours.

Submitted by Patsy Ray

Rosa McFarling

CARROT PINEAPPLE CAKE

1 1/2 cups plain flour	<i>Frosting:</i>
1 cup sugar	1 (3 oz.) pkg. softened cream cheese
1 tsp. baking soda	4 Tbsp. softened margarine
1/2 cup oil	1 tsp. vanilla
1 cup shredded carrot	dash salt
1 tsp. cinnamon	1 box confectionery sugar
1/2 tsp. salt	1/2 cup chopped pecans
2 eggs	
1 tsp. vanilla	
1/2 cup crushed pineapple with syrup	

Mix together dry ingredients. Add oil, eggs, carrots, pineapple and vanilla. Beat 2 minutes with mixer. Pour into long pan or 2 9" pans. Bake at 350 degrees for 35 minutes.

Frosting: Mix all ingredients well and frost cake after it has cooled.

Decie Kenyon

1 - 2 - 3 CHOCOLATE CAKE

STEP 1:

2 cups sugar
 2 cups plain flour
 1 tsp. baking soda
 dash salt
 1/2 tsp. baking powder

STEP 2:

1 cup water
 1 stick margarine
 1/2 cup Crisco oil
 4 Tbsp. cocoa

STEP 3:

2 beaten eggs
 1/2 cup buttermilk

FROSTING:

4 tbsp. milk
 1 stick margarine
 4 tbsp. cocoa
 1 box confectionery sugar
 1 cup chopped nuts
 1 tsp. vanilla

Step 1: Mix all ingredients in large bowl and set aside.

Step 2: Mix water, margarine, oil and cocoa in saucepan, bring to boil and boil 1 minute stirring constantly. Blend into dry ingredients that have been set aside.

Step 3: Add eggs and buttermilk to mixture. Mix together well and pour into greased and floured long cake pan. Bake at 350 degrees for 25 to 30 minutes.

Icing: Bring milk and margarine to boil. Remove from heat and blend in cocoa, confectionery sugar, nuts and vanilla. Pour over warm cake.

Decie Kenyon

CHOCOLATE OR PLAIN POUND CAKE

1 cup or 1/2 lb. butter or
 margarine (softened)
 1/2 cup snowdrift
 3 cups sugar
 5 eggs
 3 cups cake flour

4 Tbsp. cocoa
 1/2 tsp. salt
 1/2 tsp. baking powder
 1 cup milk
 2 tsp. vanilla

Cream together margarine and snowdrift. Add sugar and eggs (one egg at the time) and mix well. Sift together next 4 ingredients (flour, cocoa, salt, baking powder). Add this to creamed mixture alternating with milk and vanilla that has been mixed together. If a plain cake is desired, leave out the cocoa. When I cook a plain pound cake, I use 1 tsp. lemon and 1 tsp. vanilla flavoring.

Bake in a greased and floured tube pan for 1 hour and 25 minutes in a moderate oven at 325 degrees. Check for doneness with a cake tester at the end of 1 hour.

Billie Johnson

CHOCOLATE SHEET CAKE

Step 1:

2 cups sugar
2 cups plain unsifted flour

Step 2:

1 cup water
1 cup oil
1 stick margarine
4 Tbsp. cocoa

Step 3:

1/2 cup buttermilk
2 eggs
1 tsp. soda
dash of salt

Icing:

4 Tbsp. milk
1 stick margarine
4 Tbsp. cocoa
1 Tbsp. vanilla flavoring
1 box confectionery sugar

Step 1: Mix sugar and flour well in a large bowl.

Step 2: Mix in a saucepan water, oil, margarine, cocoa and bring to a boil. Boil for 1 minute stirring constantly. Pour over sugar and flour mixture stirring well

Step 3: Add buttermilk, eggs, soda and salt to mixture. Mix all ingredients well and pour into greased and floured pan, 13x9x2. Bake at 350 degrees for 35 to 40 minutes.

Icing: Bring milk, cocoa, margarine and vanilla to boil. Remove from heat and stir in 1 box confectionery sugar, add extra milk if needed.

Pour over hot cake as soon as it comes from the oven.

Billie Johnson

CHOCOLATE CHIP CAKE

1 box Duncan Hines Yellow Cake Mix	1 sm. box vanilla instant pudding
4 eggs	1/2 cup oil
1 cup water	1/2 bar Germans Sweet Chocolate
1 sm. pkg. chocolate chips	

Mix all ingredients (except the chocolate and chips) together with an electric mixer for 5 minutes. Grate in the half bar of chocolate. Stir in the chips. Pour into greased and floured tube pan. Bake at 350 degrees for 1 hour. Serves: 10

Pat Griggs

GERMAN CHOCOLATE CAKE

1 pkg. Bakers German Sweet Chocolate	<i>Frosting:</i>
1/2 cup boiling water	1 1/2 cups evaporated milk
1 cup butter or margarine	1 1/2 cups sugar
2 cups sugar	4 slightly beaten egg yolks
4 egg yolks	3/4 cups butter
1 tsp. vanilla	1 1/2 tsp. vanilla
2 1/2 cups Swans Down Cake Flour	2 cups angel flake coconut
1 tsp. baking soda	1 1/2 cups chopped pecans
1/2 tsp. salt	
1 cup buttermilk	
4 egg whites stiffly beaten	

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, one at a time beating well after each addition. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture beating after each addition until mixed. Fold in beaten egg whites. Pour into 3 9-inch layered pans. Line pans with paper. Bake at 350 degrees for 30 to 35 minutes. Cool completely and frost tops only.

Coconut Pecan Frosting: Combine all ingredients except coconut and pecans in a saucepan. Cook and stir over medium heat until thickened. Remove from heat. Stir in coconut and pecans. Cool until thick enough to spread.

Vivian Gwynn

And Vivian's sister Mildred Page

COCONUT DESSERT

**1 box Duncan Hines Buttery
Cake Mix**

Filling:

**1 cup sugar
2 pkgs. frozen coconut
12 oz. sour cream**

Mix cake according to directions on box. Pour into 4 layer pans and bake as directed. Cool layers completely.

Filling: Mix with spoon not mixer. Spread between layers and on top. Store in refrigerator for 3 days before cutting. Keep refrigerated until eaten.

Billie Johnson

AUNT GRACE'S COCONUT CAKE

**1 box yellow or white cake
mix**

Filling:

**1 cup milk
2 pkgs. frozen coconut
2 Tbsp. flour
Juice from 1 lemon
2 cups sugar**

Mix and bake cake according to package directions.

Filling: Mix all filling ingredients and cook stirring constantly until mixture becomes a little thick. Pour on cake layers while they are hot and while filling is hot. (This will run so be patient and keep spooning mixture on the cake). Refrigerator cake overnight.

"Great Coconut Cake!"

Susan Trollinger

CRUSTY TOP CREAM CHEESE POUND CAKE

1 cup butter, soft	3 cups cake flour
1/2 cup shortening	6 eggs
3 cups sugar	1 Tbsp. vanilla
1 - 8 oz. pkg. cream cheese (softened)	

Cream butter and shortening, gradually add sugar; beat well at medium speed. Add cream cheese and beat until light and fluffy. Alternately add flour and eggs. Stir in vanilla. Pour into greased and floured cake pan. Bake at 325 degrees for 1 hour and 30 minutes. *Check cake with toothpick to make sure it is done - cake may need to stay in longer since ovens vary. Cool 10 minutes.

Cindy McIntyre

DATE CAKE

1 cup boiling water	<i>Icing:</i>
1/4 lb. (1 cup) chopped dates	4 tbsps. margarine - melted
1 tsp. soda	1/2 cup light brown sugar
1 cup sugar	2 tbsp. milk
1/2 cup Crisco	1/2 cup coconut
1/2 stick margarine	1/2 cup chopped nuts
1 egg	
1 1/2 cups plain flour	
1 tsp. salt	
1 tsp. vanilla	

Pour boiling water over dates and soda. Let stand while mixing batter. Cream sugar and shortening. Add egg, beat again. Add flour and salt alternately with date and soda mixture. Add vanilla. Pour into greased and floured 9 by 12 inch pan. Bake in 350 degree oven for 45 minutes. Immediately after cake is baked, mix ingredients for icing and spread over cake. Put back into oven and broil until lightly browned. Cool before serving.

Mae Crawford

DENVER CHOCOLATE PUDDING CAKE

3/4 cup sugar
1/4 tsp. salt

1 cup flour
2 tsp. baking powder

Sift above ingredients. Melt in double boiler: **2 tbsp. butter** and **1 square unsweetened chocolate**; add to dry ingredients. Add **1/2 cup milk**, **1/2 tsp. vanilla**, **1/2 cup walnuts (optional)**. Mix together. Pour into greased 9x9 pan. Mix and sprinkle over top of this, **1/2 cup sugar**, **1/2 cup brown sugar** and **4 tbsp. cocoa**. Pour **1 1/2 cup hot water** over all. Bake at 350 degrees for 40 minutes. Cool and serve, plain or with ice cream or whipped cream.

Chris Green

DIRT CAKE

1 flower pot
1 1/2 lg. bags oreo cookies
3/4 stick margarine
8 oz. cream cheese softened
1/3 cup powdered sugar

4 cups milk
2 small pkgs. instant French
Vanilla Pudding
12 oz. cool whip

Crush cookies in blender and set aside. Cream together in medium bowl margarine, cream cheese and powdered sugar. In a large bowl, mix milk and pudding. When set, fold in cool whip. Blend cream cheese mixture and pudding mixture. Layer oreos and pudding beginning and ending with oreos. Top with artificial flower for the season. I serve with a trowel or other garden tool.

Viola Deal

EARTHQUAKE CAKE

1 box German Chocolate Cake
mix
1 cup chopped pecans

1 cup coconut
8 oz. cream cheese
1 stick butter
1 box confectioners sugar

Grease 9" x 13" pan. Mix nuts and coconut and pour on bottom of pan. Pat down. Mix cake according to directions on box. Pour over nuts and coconut. Melt cream cheese and butter, mix in confectioners sugar. Spoon over cake mixture. Bake at 350 degrees for 45 minutes.

Bonnie Kirk

FRUIT CAKE

PART 1:

**2 slices red & green
 pineapple - cut**
1/2 lb. red cherries
1/2 lb. green cherries
1 lb. mixed fruit
1 box white (light) raisins
1 box unsugared dates - cut
3 cups chopped pecans
1 cup English walnuts chopped
 (sprinkle flour over nuts)

PART 2

1 pound butter
3 1/2 cups sugar
12 eggs
2 tbsp. vanilla
2 cups self-rising flour
2 cups plain flour

Cream together all ingredients in part 2. Pour part 1 over part 2 and mix well. Pour all into well-greased roaster pan (no top). Bake at 300 degrees for 30 minutes and stir.

Cook 20 minutes and stir.

Cook 20 minutes and stir.

Cook 20 minutes and stir.

Take out and pack, while hot, in greased tube pan. Let set at least 1 1/2 hours (overnight) before turning out.

You may want to decorate top of cake with nuts, cherries and pineapple.

Joanna Bradshaw

FRUITED POUND CAKE

1 cup butter 1 8 oz. pkg. cream cheese 1 1/2 cups sugar 4 eggs 1 1/2 tsp. baking powder 2 1/2 cups plain flour 1 lb. candied cherries	2 sm. containers green candied pineapple 1/2 cup golden raisins 1/2 cup dates 1 cup pecans 1 lemon rind grated Vanilla
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Add sugar to soft butter and cream cheese. Mix until creamy. Add eggs one at a time, beating after each. Combine 1 3/4 cups flour with baking powder and sift. Dredge fruits and nuts in remaining flour. Stir into mixture. Bake at 325 degrees for 1 hour and 10 minutes. Let stand 10 minutes before removing from pan. (I use a tube pan greased and sprinkled with sugar)

(Copied from "Southern Living" 15 years ago.)

Patsy Ray

FRUIT COCKTAIL CAKE

1 1/3 cups sugar

2 tsp. soda

1 can fruit cocktail (undrained)

2 cups self rising flour

2 eggs

Icing:

1 1/2 cups sugar

1 stick margarine

1 cup pecans (chopped)

1 cup milk (evaporated)

1 cup coconut

Sift sugar, flour and baking soda in large mixing bowl. Now mix in eggs and fruit cocktail including liquid. Mix well by hand. Pour into 2 buttered 9 inch cake pans. Cook in preheated oven at 350 degrees about 20 minutes or until done. Let cool 10 minutes before icing.

Icing: Mix all ingredients together except coconut and pecans and cook 5 minutes after bringing to a boil. Cool icing a few minutes then add coconut and pecans. Ice layers..

Billie Johnson

GERMAN STYLE UPSIDE DOWN CAKE

1 cup chopped pecans

1 cup coconut

1 box German Chocolate cake

mix (Betty Crocker

Super Moist) pudding in

mix

1 stick margarine

1 8 oz. pkg. cream cheese

1 box confectioners sugar

Grease and flour 9 x 13 x 2 sheet cake pan. Layer pecans and coconut on top. Mix cake mix according to directions. Pour cake mix over top of coconut. Mix softened margarine, cream cheese and one box confectioners sugar until well blended by mixer. Drop by spoonfuls until cake is covered. Bake at 325 degrees for 40 to 45 minutes. Remove from oven and let set 5 to 15 minutes. Turn out on foil or square cake dish.

Lila Kirk

UPSIDE DOWN GERMAN CHOCOLATE CAKE

Sprinkle **1 1/2 cups chopped pecans** and **one can coconut** in the bottom of a 9x13 baking pan.

Mix **German Chocolate cake mix** according to package directions. Pour over the coconut and pecans.

Cream **1 stick margarine, 1 box powdered sugar, and 1 (8 oz.) package cream cheese.** Drop mixture over batter and swirl.

Bake at 350 degrees for 45-50 minutes. (Time may vary according to your oven.)

Pat Vandiviere

HEART SAFE TWO LAYER CAKE

1 1/2 cups sifted flour

1/2 cup cocoa

1/2 tsp. baking powder

1/2 tsp. baking soda

1 cup Fleischmann's margarine

1 cup sugar

Egg beaters or Scramblers equal to 2 eggs

1 cup low-fat buttermilk

1 tsp. vanilla

Pre-heat oven to 350 degrees. Combine and sift flour, baking powder, cocoa and soda. Cream margarine and sugar until light and fluffy. Add egg beaters. Add buttermilk, vanilla and flour. Beat 2 minutes. Bake in 2 nine-inch layer pans.

Patsy Ray

HUMMINGBIRD CAKE

3 cups all-purpose flour	1 cup chopped pecans
2 cups sugar	2 cups chopped bananas
1 tsp. baking soda	1/2 chopped pecans
1 tsp. salt	
1 tsp. ground cinnamon	<i>Cream Cheese Frosting:</i>
3 eggs, beaten	1 (8 oz.) pkg. cream cheese
1 cup vegetable oil	1/2 cup butter
1 1/2 tsp. vanilla extract	1 (16 oz.) box powdered sugar
1 (8 oz.) can crushed	sifted
pineapple, undrained	1 tsp. vanilla extract

Combine flour, sugar, soda, salt and cinnamon in a large mixing bowl. Add eggs and oil, stirring until dry ingredients are moistened. **DO NOT BEAT.** Stir in vanilla, pineapple, 1 cup pecans and bananas. Spoon batter into 3 greased and floured 9 inch cake pans. Bake at 350 degrees for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes, remove from pans and cool completely. Spread frosting between layers and on top and sides of cake. Sprinkle 1/2 cup pecans on top.

FROSTING: Combine softened cream cheese and butter beating until smooth. Add powdered sugar and vanilla. Beat until light and fluffy.

Yield: One frosted 3 layer cake

Billie Johnson

HERSHEY BAR CAKE

1 box Duncan Hines Fudge Cake	<i>Icing:</i>
Mix	1 (8 oz.) cream cheese
3 eggs	1/2 cup granulated sugar
3/4 cup oil	1 cup powdered sugar
1 1/2 cups milk	12 oz. cool whip
1 small instant vanilla pudding	4 Hershey bars

Mix well cake mix, eggs, oil, milk and pudding mix. Pour into cake pans and bake at 350 degrees until done.

Icing: Cream together cheese and sugars. Add 12 oz. cool whip and mix well. Spread icing between layers and on top and sides of cake. Chill Hershey bars, grate and sprinkle on icing or mix into icing and spread on cake.

Glenda Satterfield

ICE BOX FRUIT CAKE

- | | |
|---|---------------------------|
| 2 (11 oz.) pkg. vanilla wafers
(crushed) | 1 cup dark raisins |
| 1 - 6 oz. orange juice | 1 cup chopped figs |
| 2 - 1 lb. pkg. mixed fruit cake
mix | 1 - 8 oz. chopped dates |
| 1 lb. chopped pecans | 1 lg. can evaporated milk |
| 1 cup golden raisins | Dash of salt |
| | 1/2 tsp. nutmeg |
| | 1/2 tsp. cinnamon |

Mix all ingredients well. Pack in pans and refrigerate at least 2 days before serving. Makes about 5 pounds.

Nancy Holt

ITALIAN CREME CAKE

- | | |
|---------------------------|-----------------------------|
| 1 stick butter | <i>Icing:</i> |
| 1/2 cup Crisco | 1 - 8 oz. pkg. cream cheese |
| 2 cups sugar | 1 - 3 oz. pkg. cream cheese |
| 5 eggs (separated) | 1 1/2 box 4 xxxx sugar |
| 2 cups self rising flour | 1 tsp. vanilla |
| 1 tsp. soda | 1 cup pecans |
| 1 cup buttermilk | 3/4 stick butter |
| 1 cup pecans | milk (enough to spread) |
| 1 cup angel flake coconut | |
| 1 tsp. vanilla | |

Cream butter, Crisco and sugar. Add egg yolks to sugar and butter mixture. Add flour and soda alternately with buttermilk. Beat egg whites, fold into mixture and add pecans, coconut and vanilla. Pour into 4 layer pans and bake at 350 degrees until done.

ICING: Cream butter, cream cheese and sugar. Add vanilla and pecans. Add enough milk to make icing spreading consistency.

*Handed down from her Mother
Marlene Perry Mills*

Denise Hudson

MILKY WONDER CAKE

6 milky way bars
1 cup butter
2 cups sugar
4 eggs
2 1/2 cups sifted flour
1/2 tsp. baking soda
1 1/4 cups buttermilk
1 tsp. vanilla
1 cup chopped nuts

ICING:

1 (8 oz.) pkg. cream cheese
1 box powdered sugar
1 stick butter
1 tsp. vanilla
nuts if desired

Melt bars and 1/2 cup butter in saucepan over low heat. Cream remaining butter and sugar until fluffy. Add eggs one at a time, beat well. Add flour and soda alternately with buttermilk stir until smooth. Add melted candy, mix well. Stir in vanilla and nuts. Top with icing.

Pam Kirk

MISSISSIPPI MUD CAKE

2 sticks margarine
1/2 cup cocoa
2 cups sugar
4 eggs beaten
1 1/2 cups plain flour
pinch salt
1 1/2 cups chopped nuts
1 tsp. vanilla
**1 10 oz. bag miniature
marshmallows**

Chocolate Frosting:

1 stick margarine
6 Tbsps. milk
1/4 cup cocoa
1 tsp. vanilla
1 box confectioners' sugar
pinch of salt

Melt margarine over low heat. Add cocoa and mix well. Remove from heat and pour into mixing bowl. Add sugar and mix well. Add eggs and mix well. Add flour, salt, vanilla and nuts. Mix well. Pour into a 9x13 greased and floured pan. Bake at 350 degrees for 35 to 45 minutes. (Center will spring back when done). Remove from oven and cover cake completely with marshmallows. Prepare frosting and pour over cake. (Cake will look lumpy on top - note the name of recipe).

FROSTING: Bring the first 4 ingredients (margarine, milk cocoa and vanilla) to boil. Add sugar and salt beating well. Pour over marshmallows.

Kitty Bradshaw

NETTIE DODSON'S MOLASSES CAKE

1 cup brown sugar	2 tsp. soda
1/2 Cup Crisco	2 tsp. ginger
2 eggs	1 tsp. cinnamon
3/4 cup molasses	1/2 tsp. salt
2 3/4 cups plain flour	1 cup Buttermilk

**** DO NOT USE A MIXER, STIR BY HAND.** Cream Crisco and sugar. Add eggs and beat well. Add combined dry ingredients alternately with milk. Add molasses. Pour into a greased and floured long pan and bake at 350 degrees for 40 minutes.

Nancy Holt

ORANGE CRUSH POUND CAKE

2 3/4 cups sugar	<i>Frosting:</i>
1 cup Crisco	6 oz. cream cheese softened
1/2 stick margarine	1 tsp. vanilla
1 cup Orange Crush Soft Drink or Sunkist	1 tsp. Orange flavoring
5 eggs	1 box confectionery sugar
1/2 tsp. salt	pinch of salt
3 cups plain flour	
1 tsp.. vanilla flavoring	
1 tsp. orange flavoring	

Cream shortenings and sugar. Add eggs one at a time beating well after each egg. Add dry ingredients alternately with Orange drink. Starting and ending with flour. Add vanilla and orange flavorings. Bake in a tube pan that has been greased and floured. Bake 1 hour and 20 minutes at 325 degrees. Remove from oven and cool. Frost after cake has cooled. Frosting: Add vanilla and orange flavorings to the cream cheese. Add confectionery sugar and salt. Beat until smooth. If frosting is too stiff, add 1 tsp. of milk at a time until spreading consistency.

Kitty Bradshaw

PALMETTO CAKE (Old English Recipe)

1/2 lb. butter	1 box seedless raisins
1 lb. sugar	1/2 lb. candied cherries (red or green)
6 eggs	1 tsp. almond extract
1 lb. flour	1/2 tsp. lemon extract
2 tsp. baking powder	1/2 tsp. vanilla
1 fresh coconut (grated)	1/2 tsp. salt (optional)
milk from coconut	

Cream butter, add sugar gradually, add beaten eggs. Add flavorings, sifted flour and baking powder. Fold in coconut, milk from coconut, raisins and cherries which have been lightly floured. Line tube pan with wax paper. Begin baking cake at 275 degrees for one and one-half hour then turn oven up to 300 degrees and bake for 1/2 hour longer.

"This cake is beautiful for Christmas or Easter and is delicious. My Mother began making this in 1966 and we loved it."

Rebecca Crawford

PETITE ORANGE FRUIT CAKE

1 cup white sugar	<i>TOPPING:</i>
2 eggs	3/4 cup sugar
1 tsp. soda	1 tbsp. grated orange rind
1 pkg. dates (chopped)	1/2 cup orange juice
1 grated orange rind	
1/2 cup butter	
2 cups sifted flour	
1 cup chopped pecans	
2/3 cup buttermilk	

Cream shortening and sugar until light. Add eggs one at a time. Sift dry ingredients together. Add dates and nuts to dry mixture. Alternately add dry mixture and buttermilk to the shortening and egg mixture. Blend in the orange rind. Grease miniature muffin tin and fill 1/2 to 3/4 full.

Bake at 375 degrees for 15 to 20 minutes. Makes 5 dozen

Topping: Bring sugar, orange juice and rind to boil. Pour slowly over little cakes while they are still hot.

Peggy Hamlett

PINEAPPLE SHEET CAKE

1 (1lb. 4 oz.) can crushed pineapple	1 tsp. vanilla
2 1/4 cups sifted plain flour	2 large eggs
1 1/2 cups sugar	2/3 cup salad oil
1 tsp. salt	<i>Icing:</i>
3/4 tsp. baking powder	3/4 stick margarine
3/4 tsp. soda	1/4 cup milk or cream
1/2 tsp. nutmeg	1 1/2 cups confectioners' sugar

Drain pineapple in strainer. Sift flour, salt, baking powder and soda together. Add spice, vanilla and sugar. Add drained pineapple, eggs and oil to dry mixture. Beat 1 minute at medium speed. Turn into greased 9 x 13 x 2 inch pan. Bake at 350 degrees for 35 minutes. Cool in pan. Mix icing ingredients and beat until creamy. Spread icing on cooled cake.

Ethel Cheek

POTLUCK SUPPER CAKE

Bake **white cake mix** according to instructions for 9x13 pan. While cake is still warm, poke several holes in it with a wooden spoon handle, and pour **one can sweetened condensed milk** over cake. After this cools, spread one tub of **whipped topping** over cake and sprinkle with **coconut**. Refrigerate overnight and serve cold. Keep refrigerated.

Lynn Vandiviere Winship

PUNCH BOWL CAKE

1 yellow cake mix	2 cans pineapple - drained
2 pkgs. vanilla instant pudding mix	1 pkg. coconut
2 cans fruit cocktail drained	2 small containers cool whip
2 cans cherry pie filling	Pecan pieces

Prepare yellow cake mix according to package directions making 2 layers. Cool completely. Prepare vanilla instant pudding according to package directions. Place 1 cake layer on bottom of punch bowl. Spread with 1/2 of vanilla pudding, 1 can cherry pie filling, 1 can pineapple, 1 can fruit cocktail and 1/2 coconut. Repeat . Keep cake in refrigerator overnight. Add cool whip and pecan pieces just before serving.

Phyllis Padgett

COLD OVEN POUND CAKE

3 sticks softened Promise margarine	3 1/2 cups plain flour
3 cups sugar	1/4 tsp. salt
5 eggs	1/2 tsp. baking powder
1 cup sweet milk	2 tsp. vanilla

Blend margarine and sugar. Add eggs and blend. Then add dry ingredients alternately with milk. Add vanilla. Bake in a tube pan for 1 1/2 hours at 300 degrees . (Turn oven on when cake is placed in oven).

Decie Kenyon

POUND CAKE

3 sticks margarine	1/4 tsp. salt
3 cups sugar	1/2 tsp. baking powder
5 eggs	1 1/4 cups sweet milk
3 1/2 cups plain Red Band Flour	1 tsp. vanilla
	1 tsp. lemon flavoring

Cream margarine and sugar. Add eggs one at time beating well after each addition. Sift dry ingredients together and add alternately with milk. Mix well. Add vanilla flavoring and lemon flavoring to mixture. Bake in a 300 degree oven for 1 hour and 45 minutes.

Virginia Perry

POUND CAKE DELIGHT

3 1/2 cups plain flour sifted	1 box confectioners' sugar
1/2 cup sugar (granulated)	(sifted)
1 tsp. baking powder	6 large eggs
1 3 oz. pkg. lemon Jello (may use orange)	1 cup milk
1 cup margarine	1 tsp. lemon extract
1/2 cup Crisco	1 tsp. coconut extract
	1 tsp. orange extract

Sift flour, granulated sugar, baking powder and Jello together 2 or 3 times to mix well. Cream shortening, margarine and confectioners' sugar. Add eggs one at a time, cream thoroughly. Add dry ingredients alternately with milk, ending with flour. Add flavoring before the last flour addition. Bake in a large tube pan 1 1/2 hours at 325 degrees. Let cool in pan for 15 minutes then remove to rack.

** This is a very moist cake and keeps at least 2 weeks if well hidden!!*

Nancy Holt

PUMPKIN CAKE

4 eggs	<i>Icing:</i>
2 cups sugar	4 oz. softened cream cheese
1 cup salad oil	1/2 stick softened margarine
2 cups plain flour	2 tbsp. milk
2 tsp. cinnamon	1/2 box confectioners' sugar
2 tsp. soda	
1/2 tsp. salt	
1 tsp. vanilla	
2 cups cooked pumpkin	

Blend oil, sugar and eggs. Add dry ingredients and blend well. Blend pumpkin and vanilla. Pour into greased and floured tube pan and bake at 350 degrees for 1 hour.

Icing: Blend cream cheese, margarine, milk and sugar in a saucepan over low heat. Drizzle mixture on top of cake while it is still warm enough to pour from saucepan.

Decie Kenyon

RED VELVET CAKE

1/2 Cup Crisco	1 tbsp. vinegar
1 1/2 Cups sugar	1 tsp. soda
2 eggs	2 oz. red food coloring
2 1/4 cups plain or cake flour	
Pinch of salt	<u><i>Butter Icing:</i></u>
3 tbsp. cocoa	1 cup milk
1 cup buttermilk	3 Tbsp. plain flour
1 tsp. vanilla	1 cup sugar
	1 cup margarine
	1 tsp. vanilla
	pinch of salt

Cream sugar, shortening and eggs well. Add food coloring. Sift together flour, salt and cocoa. Add to mixture alternately with buttermilk and vanilla. Dissolve soda in vinegar and stir into cake mixture. DO NOT BEAT. Pour into 8" round or square greased and floured cake pans. Bake at 350 degrees for 30 minutes.

Butter Icing: Add milk gradually to salt and flour; making a smooth paste. Cook, stirring constantly for 5 to 7 minutes or until thick. COOL thoroughly. Cream butter and sugar for about 7 minutes. Add cool milk paste a little at a time beating until fluffy. Stir in vanilla.

Patricia Ross

SOUR CREAM COFFEE CAKE

1 cup margarine	2 cups plain flour
2 cups sugar	1 tsp. salt
2 eggs	1 tsp. baking powder
1 8 pkg. cream cheese (softened)	1 cup chopped nuts
1 tsp. vanilla	4 Tbsp. cinnamon/sugar (3 of sugar, 1 of cinnamon)

Blend margarine, cream cheese and sugar. Add eggs and vanilla. Add dry ingredients and nuts. Sprinkle cinnamon sugar on top of batter after it has been poured into tube pan. Stir in with just 2 or 3 stirs so it is not completely blended into batter. Bake at 350 degrees for approximately 50 minutes.

Decie Kenyon

WHITE LAYER CAKE

1/2 cup margarine, softened	1 1/2 tsp. baking powder
1 tsp. vanilla extract	1 1/3 cups buttermilk
1/2 tsp. almond extract	4 egg whites, at room
1 1/2 cups sugar	temperature
2 1/2 cups sifted cake flour	1 recipe for 7-minute frosting

Cream together the margarine, vanilla extract, almond extract and all but 1/4 cup of the sugar. Sift together the flour, baking powder and add the creamed mixture alternately with the buttermilk, starting and ending with the dry ingredients.

Beat the egg whites until foamy. Gradually add the remaining 1/4 cup of sugar and beat to stiff peaks. Fold into batter and pour into 2 9-inch layer cake pans lined with wax paper.

Bake at 350 degrees for about 30 minutes. Cool 10 minutes and remove from pans. When cake is thoroughly cool, frost with a flavored 7 minute frosting.

Variations:

Fill layers with jam or an acceptable pudding mix which may be combined with fruit. Example: put lemon pudding between layers and ice with lemon flavored 7-minute frosting.

Fill layers with fruits or pudding and dribble flavored confectioners' glaze over the top and side of the cake.

Submitted by Pat Griggs

American Heart Association

WILLIAMSBURG ORANGE CAKE

1/2 cup margarine	1/2 cup seedless golden raisins
1 cup sugar	1/2 cup chopped walnuts
4 egg whites, unbeaten	2 cup sifted cake flour
2 tsp. grated orange rind	1 tsp. baking soda
1 tsp. vanilla extract	1 cup buttermilk
1 cup seedless raisins	

Cream the margarine and sugar until fluffy. Thoroughly blend in the unbeaten egg whites, orange rind, vanilla, raisins and walnuts. Sift the flour with the baking soda and add to the batter alternately with the buttermilk, beginning and ending with the flour mixture.

Pour into a 9x9 inch oiled and floured square cake pan. Bake at 350 degrees for 30 to 40 minutes. Yields 12 servings. Approximately 425 calories per serving with frosting.

Frosting:

1/2 cup soft margarine
2 cups confectioners sugar
1 tsp. vanilla extract

Cream together margarine, confectioners sugar and vanilla until fluffy. Use to frost cooled cake.

Pat Griggs

CARAMEL FROSTING

1/2 cup butter	1 cup brown sugar packed
1 3/4 cups sifted confectioners' sugar	1/2 cup sweet milk

Melt butter in saucepan, add brown sugar and boil over low heat for 2 minutes stirring constantly. Add sweet milk and continue to stir until it comes to a full boil. Remove from heat and let cool. Add confectioners' sugar and beat until right consistency to spread.

Submitted by her daughter
Priscilla Lloyd

Lora Wilkerson

CARAMEL ICING

1 box brown sugar **1/2 lb. butter**
2 cups white sugar **1 Tbsp. flour**
1 1/2 cups evaporated milk **1 tsp. vanilla**

Mix flour and sugars together, then add milk and cook until it forms into a soft ball. Add butter and vanilla. Beat until smooth.. This amount will ice a very thin 6 layer cake.

Submitted by Betty Dodson

Mrs. Duke Dodson

CARAMEL ICING

3 sticks margarine **1 cup carnation milk**
2 boxes brown sugar

Melt margarine, add brown sugar and milk. Cook stirring constantly until mixture forms a soft ball in cold water. Remove from heat, beat until creamy. Spread on cake. (Will ice a three layer cake)

Ann Nicholson

CHOCOLATE FUDGE FROSTING

3 tbsp. cocoa powder **3 tbsp. safflower oil**
1 cup sugar **1 tsp. vanilla**
1/3 cup evaporated skim milk

In medium sauce pan, combine all ingredients except vanilla. Bring to a boil, reduce heat and simmer 1 minute. Remove from heat. Add vanilla, beat 5 minutes. Spread over cake. Will cover one 9 by 13 sheet cake. Add additional milk if needed for a creamier spreading consistency.

*From "Don't Eat Your Heart Out,"
a Cookbook by Joseph Piscatella*

Patsy Ray

CHOCOLATE CAKE FILLING

3 cups sugar	1 stick margarine
3 squares chocolate melted	pinch of salt
2 tbsp. white syrup	1 tsp. vanilla
	1 cup evaporated milk

Mix together and cook to a soft ball stage.

Marybelle Kirk

"With weights and measures just and true.
Oven of even heat:
Well buttered tins and quiet nerves.
Success will be complete."

COOK BOOK - Ladies Aid Society of Presbyterian Church
Chipley, Florida 1912

*Candies
&
Cookies*



CHOCOLATE BALLS

12 oz. package semi-sweet chocolate bits	2 1/2 cups crushed vanilla wafers
3 tbsp. white corn syrup	1 cup chopped walnuts or pecans
1/2 cup concentrated orange juice	1/2 cup confectioners' sugar

Melt chocolate bits over low heat. Add all remaining ingredients except powdered sugar. Mix and make walnut size balls. Roll in powdered sugar and store in refrigerator 2 or 3 days.

Patsy Ray

CHEESE FUDGE

1/2 pound velveeta cheese	1 tsp. vanilla
1/2 pound margarine	1/2 cup cocoa
2 pounds confectioners sugar	1 cup chopped nuts

Melt margarine and cheese together. Add confectioners sugar, vanilla and cocoa. Mix until smooth. Mix in the nuts. Pour into a dish lined with wax paper. Put dish into refrigerator until cool. Cut into small squares.

Serene Bartholomew

PECAN CONFECTIONS

1 egg white	1 level tbsp. flour
1 cup brown sugar	1 cup finely chopped pecans
Pinch of salt	

Beat egg white to stiff froth. Gradually add sugar, salt and flour. Continue beating. Stir in nuts. Drop on greased cookie sheet by spoonful placing far apart. Bake in a very slow oven (300 to 325 degrees) for about 15 minutes. Remove from cookie sheet when partly cooled.

Yield: about 2 dozen

*Submitted by her daughter
Priscilla Lloyd*

Lora T. Wilkerson

GOLDEN PEANUT BRITTLE

3 cups raw peanuts	1 cup light corn syrup
1-1/2 tsp. baking soda	1/2 cup water
1/2 tsp. salt	1/4 cup margarine
2 cups sugar	

Spread peanuts evenly in a 15 x 10 x 1 inch pan. Bake at 350 degrees for 15 minutes. Set aside. Combine soda and salt and set aside. Combine sugar, syrup and water and cook over low heat stirring occasionally until mixture reaches soft crack stage (275 degrees) Add peanuts, cook stirring CONSTANTLY until mixture reaches hard crack stage (300 degrees). Remove from heat, stir in butter and soda mixture.

Working rapidly, spread mixture thinly onto 2 buttered 15 x 10 x 1 inch pan. Let cool, break into pieces.

Yields about 2 1/2 pounds.

Decie Kenyon

SEA FOAM DIVINITY

1 cup light brown sugar	1 cup broken nuts
1 cup sugar	3/4 cup water
1/4 tsp. salt	2 stiffly beaten egg whites
1 tbsp. corn syrup	1 tsp. vanilla

Mix sugar, salt, corn syrup and water in saucepan. Boil gently without stirring until small amount of syrup dropped in cold water forms a hard ball or until candy thermometer registers 254 degrees. Slowly pour hot syrup into beaten egg whites, beating constantly, using a spoon as syrup thickens, add vanilla and nuts. Beat until mixture loses some of its gloss and drops without spreading. Drop by spoonfuls onto greased or wax paper lined platters. Let stand 20 to 30 minutes.

Yield: 3 dozen.

Decie Kenyon

BROWNIES

1 1/3 sticks margarine	2 2/3 cups plain flour
2 cups light brown sugar	1/2 tsp. salt
3 large eggs	1 1/2 tsp. baking powder
1 (8 oz.) pkg. chocolate chips	1 tsp. vanilla
1 to 1 1/2 cups chopped nuts	

Sift together flour, salt and baking powder. Melt margarine and add brown sugar. Let cool. Beat in eggs and dry ingredients. Add chips, nuts and vanilla. Bake in 8 1/2 x 11 inch pan for 25 to 30 minutes at 375 degree.

"I usually switch oven between 350 and 375 degrees."

Rebecca Crawford

BROWNIES

1 3/4 sticks margarine	2 tsp. vanilla
3/4 cup cocoa	1 1/3 cups plain flour
4 eggs	1/2 tsp. salt
2 cups sugar	1 tsp. baking powder

In a saucepan , melt margarine and cocoa. In a large mixing bowl, beat the eggs for 3 minutes (very important). Add sugar and mix well. Add chocolate mixture. Add vanilla. Mix flour, baking powder and salt. Mix together and blend well. Bake 30 minutes at 350 degrees.

Leta Bradshaw

BROWNIES

4 eggs	1 cup Wesson oil
2 cups sugar	1 cup chopped nuts
1 cup self-rising flour	2 tsp. vanilla
4 heaping tsp. cocoa	

Beat eggs until light and fluffy. Add sugar and mix well. Add flour and cocoa that has been sifted together. Add oil, nuts and vanilla and mix well. Bake for about 30 minutes in 350 degree oven.

Ann Nicholson

CARAMEL LAYER CHOCOLATE - SQUARES

42 light caramels	1/3 cup evaporated milk
1/3 cup evaporated milk	1 cup chopped pecans or walnuts
1 pkg. German Chocolate cake mix	1 cup (6 oz. pkg.) chocolate chips
3/4 cup butter or margarine melted	

In the top of a double boiler, combine caramels and 1/3 cup evaporated milk. Cook over boiling water, stirring constantly until caramels are melted. Set aside.

Generously grease and lightly flour 13 x 9 inch baking pan.

In a large mixing bowl, combine dry cake mix, melted butter, evaporated milk and nuts. Stir by hand until dough holds together. Press 1/2 of dough into prepared pan (save remaining dough for topping). Bake at 350 degrees for 6 minutes. Remove from oven and sprinkle chocolate chips over baked crust. Spread caramel mixture over chocolate pieces. Crumble reserved dough over caramel mixture. (It will spread out as it bakes).

Return to oven and bake for 16 minutes. Remove from oven and cool overnight so that caramel layer sets and flavors intermingle. Cut into bars.

Diane Kress

CHOCOLATE OATMEAL COOKIES

4 cups sugar	1 cup peanut butter
1/2 cup cocoa	4 cups quick oatmeal
1 stick butter	2 tsp. vanilla
1/4 tsp. salt	
1 cup milk	

Mix sugar, cocoa, butter, salt and milk. Bring to bubbly boil, boil 3 minutes. Remove from heat. Add peanut butter, oatmeal and vanilla. Put into greased 9 x 11 inch sheet cake pan. Let cool, cut into squares.

Shirley Rishel

GOLF BALL COOKIES

- | | |
|---|-----------------------------|
| 2 1/2 cups graham cracker crumbs | 1 7 oz. pkg. coconut |
| 1 1/2 cups chopped pecans | 1 box powdered sugar |
| 1 (12 oz.) jar crunchy peanut butter | 2 sticks margarine |

Melt 2 sticks margarine. Mix together graham cracker crumbs and powdered sugar. Pour melted margarine over mixture and mix. Add remaining ingredients and mix well with your hands. Roll into small balls

Melt 1/2 block paraffin with 12 oz. chocolate chips in double boiler. Dip balls until coated. Place balls on wax paper. Put in refrigerator until very cold. May be stored in jars. Makes over 100 balls.

Peggy Hamlett

GRANDMA BICKEL'S COOKIE RECIPE

- | | |
|--------------------------------|---|
| 2 cups raisins | 1 tsp. vanilla |
| 1 1/2 cups cold water | 4 cups flour |
| 1 tsp. baking soda | 1 tsp. salt |
| 2 cups sugar | 1 tsp. baking powder |
| 1 cup Crisco shortening | 1 pkg. chocolate chips |
| 3 eggs | 1 cup chopped peanuts or walnuts |

Soak raisins in water in a saucepan. Then place on stove and boil for 5 minutes. Remove from heat. Add baking soda. Cool.

In mixing bowl, cream together sugar, Crisco, eggs and vanilla. Add the cooled raisin mixture. Sift together flour, salt, baking powder. Add to the other mixture.

Fold in chocolate chips and chopped nuts. Bake at 400 degrees until golden brown and firm, approximately 8 to 10 minutes.

Makes 9 dozen cookies.

Diane Kress

LEMON SQUARES

Crust:

1 cup margarine
1/2 cup powdered sugar
2 cups plain flour

Filling:

4 eggs
1 3/4 cups sugar
1/3 cup lemon juice
1/2 tsp. baking powder
1/3 cup plain flour

Crust: Cream margarine and sugar. Stir in flour with wooden spoon. Spread in bottom and sides of a 13 x 9 inch pan. Bake 15 to 20 minutes at 350 degrees.

Filling: Combine all filling ingredients in blender and mix until smooth. Pour over baked crust and bake 20 to 25 minutes at 350 degrees until light brown. Cool on wire rack and sprinkle with powdered sugar. Cut in squares.

Leta Bradshaw

MOLASSES PECAN COOKIES

1/2 cup margarine	1 1/2 cup plain flour
3/4 cup sugar	1/2 tsp. salt
1 egg	3/4 tsp. soda
1/3 cup molasses (Grandma's)	3/4 cup chopped pecans

Cream together margarine, sugar, egg and molasses until mixture is smooth. Combine dry ingredients and add to creamed mixture; mix well. Stir in chopped pecans and drop from tip of teaspoon onto greased cookie sheets spacing cookies two inches apart. Bake at 325 degrees approximately 15 minutes. Yields at least 4 dozen cookies.

Joanna Bradshaw

NUT ROLLS

1 box Graham Crackers **2 cups chopped pecans**
1 small can pet milk **1 box raisins**
1 lg. bag marshmallows

Crush graham crackers save out about 1/2 cup to roll bars in. Heat milk and marshmallows until melted over low heat stirring to keep from burning. Mix cracker crumbs, nuts and raisins in a large bowl. Pour marshmallow mix over crumbs and mix with hands. Shape in to ball and chill until you can make into bars or rolls. Use reserved crumbs to coat. Decorate with nuts and cherries if desired. These make nice gifts. They can be frozen or kept in the refrigerator for several weeks. Makes about 3 large or 6 small rolls.

Kitty Bradshaw

FUDGE OATMEAL COOKIES

2 cups sugar **3 cups quick Quaker oats**
1/2 cup milk **1/2 cup peanut butter**
3 tbsp. cocoa **1 tsp. vanilla**
1 stick margarine

Bring sugar, milk, cocoa and margarine to boil. Boil for 2 to 3 minutes. Remove from heat and add peanut butter (crunchy), and vanilla. Stir in oatmeal. Mix well. Drop by teaspoonful on wax paper. Cool.

*Alisa Kenyon Hill and
Bonnie Kirk (Michael's favorite)*

PEANUT BUTTER CRUNCH

1 cup peanut butter **4 cups corn flakes**
1 cup corn syrup **2 cups rice krispies**
1 cup sugar

Put sugar and syrup in saucepan over low heat until sugar dissolves. Add peanut butter and stir well. Remove from heat and add corn flakes and rice krispies. Put into pan or make into balls. Very good at breakfast time.

Marybelle Kirk

PEANUT BUTTER DELIGHTS

2 cups sugar	1/2 cup peanut butter
3 level tbsps. cocoa	1 tsp. vanilla
1/2 cup milk	2 1/2 cups quick oatmeal
1 stick margarine	

Combine sugar, cocoa, milk and margarine. Bring to boil and boil for 1 and 1/2 minutes. Remove from heat. Add peanut butter, vanilla and oatmeal. Mix well. Drop by teaspoonfuls on wax paper. Spread slightly. Makes about 30.

*Vickie Felmet McGee and
Ann Bradshaw Whitlow*

PEANUT BUTTER SQUARES

2 cups peanut butter (plain or crunchy)	1 cup graham cracker crumbs
1 box confectioners sugar	3 sticks melted margarine

Mix all ingredients. Press into a 9 x 13 inch pan. Top with a 12 ounce package of melted milk chocolate chips. Refrigerate.

Lauren Kirk

RICE KRISPIES GOODIES

1 stick margarine	1 cup coconut
1 cup chopped dates	1 egg
1 cup chopped nuts	1/2 tsp. vanilla
1 cup sugar	2 1/2 cups rice krispies cereal

Combine all except cereal and bring to boil. Lower the heat and stir until thick. Pour over rice krispies and mix with your hands. Roll into balls and cool slightly. Put some powdered sugar in a plastic bag and add a few balls and shake to coat. Let cool completely. Store in an air tight container. These make nice gifts at Christmas.

Ann Bradshaw Whitlow

HOLIDAY SHORTBREAD DROPS

1 cup butter or margarine	2 cups all-purpose flour
1/2 cup sugar	1 cup raisins
1 egg yolk	1 cup chopped walnuts or pecans
2 tsp. vanilla	
1/4 tsp. salt	

Cream butter and sugar. Blend in egg yolk, vanilla and salt. Mix well. Stir in flour. Mix in raisins and nuts. Drop by small teaspoon onto greased cookie sheet. Bake at 400 degrees for 10 to 15 minutes or until lightly browned on bottom. yield - approximately 4 dozen

Joanna Bradshaw

ROCKY ROAD FUDGE BARS*Base:*

1/2 cup margarine or butter
1 oz. (1 sq.) semi-sweet or milk chocolate broken into pieces
1 cup all purpose or unbleached flour sifted
1 cup sugar
1 1/8 tsp. baking powder
1 tsp. vanilla
2 eggs
3/4 cup chopped nuts

Filling:

8 oz. cream cheese softened (reserve 2 oz. cream cheese for frosting)
1/4 to 1/2 cup butter or margarine softened
2 tbsp. flour
1/2 cup sugar
1/2 tsp. vanilla
1 egg
1/4 cup chopped nuts
6 oz. pkg. semi-sweet or milk chocolate chips.

Frosting:

2 cups miniature marshmallows
1/4 cup butter or margarine
1/8 to 1/4 cup milk
1 oz. (1 sq.) semi-sweet chocolate broken. into pieces
2 oz. reserved cream cheese
3 cups sifted confectioners sugar
1 tsp. vanilla

Heat oven to 350 degrees. Grease and flour 13 x 9 inch. pan. In a large saucepan over low heat, melt 1/2 cup margarine or butter and 1 oz. chocolate, stirring constantly until smooth. Lightly spoon flour into measuring cup; level off. Add 1 cup flour and remaining base ingredients. Mix well. Spread into prepared pan.

In a small bowl, combine all filling ingredients except 1/4 cup nuts and chocolate chips. Beat 1 minute at medium speed until smooth and fluffy; stir in nuts. Spread over chocolate mixture; sprinkle evenly with chocolate chips. Bake at 350 degrees for 25 to 35 minutes.

While baking: In a large saucepan over low heat, combine 1/4 cup margarine or butter, 1 oz. broken chocolate and reserved 2 oz. cream cheese; stir until well blended. Remove from heat; stir in confectioners' sugar and drizzle in milk, alternately until consistency of frosting that can be poured (not too thin). Add vanilla and stir until smooth.

Remove fudge from oven when finished baking. Toothpick should come out clean when inserted. Immediately sprinkle with marshmallows and return to oven an additional 2 minutes. Remove and pour frosting over marshmallows on fudge while it is still hot. Cool or refrigerate until firm. Cut into 36 to 48 bars.

Pam de Friess

SPICED APPLE & RAISIN SNACK MIX

2 tbsp margarine	1 cup firmly packed dried
1 tbsp firmly packed brown sugar	apple chunks
4 cups Quaker Oat Squares Cereal	3/4 cup raisins
	1 tsp. cinnamon

Melt margarine in 3 quart saucepan over medium heat. Stir in brown sugar and cinnamon. Add cereal, apples, raisins and mix until pieces are evenly coated. Store tightly covered in refrigerator up to 5 days. Yield: approximately 6 cups

Microwave directions: In 4 quart microwave bowl microwave margarine at high for 30 seconds or until melted. Stir in brown sugar and cinnamon. Proceed as directed above.

Bonnie Kirk

SWEDISH HEIRLOOM COOKIES**1/2 cup shortening****1 tsp. vanilla****2 cups all-purpose flour****1 tsp. almond flavoring****1/2 tsp. salt****1/2 cup margarine****1 tbsp. water****1 cup powdered sugar****1 1/4 cups ground pecans****Powdered sugar**

Cream shortening and margarine until fluffy. Add the cup of powdered sugar. Cream well. Blend in flour, add water and flavorings. Stir in nuts, shape into 1 inch size balls. Put on ungreased cookie sheet. Press each one slightly. Bake at 325 degrees 12 to 15 minutes. Remove from pan and roll in powdered sugar.

Ethel Cheek

*Cooking
for
a
Crowd*



FUND RAISING BAR-B-QUE SAUCE

3 cups salt	1 cup ground red pepper
4 cups dark brown sugar	5 gallons cider vinegar
2 cups crushed red peppers	

Mix all ingredients and bring to a full rolling boil. This recipe makes 5 gallons.

June Bradshaw

BAR-B-QUE SAUCE

1 cup salt	1/3 cup ground red pepper
1 1/3 cups dark brown sugar	1 2/3 gal. vinegar (not white vinegar)
2/3 cup crushed red pepper	

Bring all ingredients to full rolling boil. *"I use this for one pig or 6 shoulders."* *Note:* 1 1/4 oz. box of ground pepper is equal to 1/3 cup. 3 oz. jar crushed red peppers is equal to one cup.

June Bradshaw

HOLT'S BAR-B-QUE PIG SAUCE

1 pint vinegar	1 tbsp. chili powder
1/2 cup water	2 tbsp. paprika
1 tbsp. Worcestershire sauce	3 tbsp. black pepper
1 tbsp. Tabasco sauce	1 small bottle catsup
	3/4 tsp. dry mustard

Mix all ingredients and bring to boil for 5 to 10 minutes. Seal in containers. This will last forever without refrigeration. In fact, the sauce gets better with age.

* Makes 1 quart sauce. Add crushed RED peppers if you want super hot sauce.

"This recipe was used for many of the Cane Creek B-B-Q fund raising events for 8 years."

Nancy Holt

BRUNSWICK STEW

3 old hens	1 1/2 lb. Mrs. Filbert's
3 fryers	margarine
2 lb. pork	1 1/2 tbsp. crushed red pepper
3 lb. beef	1 tbsp. black pepper
15 lb. potatoes	1/4 cup vinegar
6 qt. tomatoes	1/2 cup sugar
1/2 gallon onions (3 lb.)	8 oz. Lea & Perrin
6 pints white corn	Worcestershire sauce
3 lb. small dried butter beans	salt (optional)

Cook chickens, debone and cut into small pieces. Cook pork and beef together and chop. Save juices and strain to avoid small bones. Cook potatoes in water and mash. Cook dried beans and mash. Cook onions and blend in blender. Add in this order. Spray BIG pot with Pam. Melt margarine and add tomatoes, meats, onions, corn. Add beans and potatoes LAST. Add seasonings and stir to keep from sticking. This will need to heat and simmer for several hours. Stir often. Cool and freeze. Makes 5 gallons.

Kitty Bradshaw

BAKED CHICKEN

1/4 chicken per person (13 chickens for 50 people)	Salt & pepper to taste
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Cut chicken into quarters. Salt and pepper and place in baking pans sprayed with Pam. Cover with foil and bake in a low oven 300 degrees for 2 hours. Uncover and bake 15 to 20 minutes at 350 degrees.

Cane Creek Baptist Church

Wednesday Night Cookbook

CHICKEN CASSEROLE (Serves 50)

17 lb. chicken boned (4 or 5 large chickens)	5 cups uncooked rice
5 cans cream of mushroom soup	4 cups water
5 cans cream of chicken soup	8 - 10 cups chicken broth
3 cups celery	5 tsp. sage
3 cups onion	Salt and pepper

Cook chicken and debone it. Chop meat into small pieces. In large pan, add soups, celery, onion, water, broth, salt, pepper and sage. Cook until onions and celery are tender. Add chicken and rice. Simmer over low heat until rice is done or spoon into 10 x 15 pan and bake at 350 degrees for 30 minutes.

Cane Creek Baptist Church

Wednesday Night Cookbook

CHILI (Serves 100)

25 lb. hamburger	25 (16 oz.) cans tomato sauce
3 lb. bacon cooked and crumbled	25 (15 or 20 oz.) cans kidney beans
10 medium onions chopped	3/4 cup chili powder

Brown ground beef. Drain off (layer on paper towels). Cook onion in bacon grease Drain. Put all together and cook until it boils. Simmer 45 minutes to one hour. Salt and pepper to taste.

Anne Hawkins

FUND RAISING HOT DOG CHILI (Serves 225)

7 lb. lean ground beef	16 oz. catsup
2 large onions	3/4 box (4 oz. size) chili powder
1 tbsp. oil	salt and sugar
1 lg. can tomato juice	Worcestershire sauce
1 lg. can tomato sauce	

Brown meat and drain. Sauté onion and add meat, juice, catsup, tomato sauce and chili powder. Simmer about 30 minutes. Add salt, sugar and Worcestershire sauce to taste. Simmer about 30 minutes. Add spices a small amount at a time. Adjust to your taste. Any leftover freezes well.

Kitty Bradshaw

Dale Andrews

HOMEMADE HOT DOG CHILI (Serves 30)

3 lb. lean hamburger
1 bottle Heinz Catsup
3 tbsp. brown sugar

3 tbsp. vinegar
1 tbsp. chili powder
Texas Pete as desired

Mix ingredients in saucepan. Cook and stir until hamburger is done. Simmer for 15 minutes to 3 hours to blend flavors.

Chris Gambill's Mother

Ruth Gambill

BEST EVER BARBECUED HAMBURGER (114 Servings)

20 lb. ground beef
1 1/4 cups shortening
20 large onions, peeled
20 green peppers

2 1/2 cups sugar
2 1/4 cups vinegar
15 cups catsup
1 1/4 cups dry mustard
6 2/3 tbsp. salt

Brown beef in shortening, stirring occasionally until mixture is crumbly. Put onions and peppers through food chopper. Combine with sugar, vinegar, catsup, mustard and salt. Add to meat. If you bake this mixture instead of cooking on top of range, first rinse out the pan with cold water but do not dry it. This will help prevent the meat mixture from sticking to the pan.

Anne Hawkins

BARBECUED ROAST (Serves 50)

**20 lb. arm or chuck roast or
brisket**

Salt and pepper to taste
2 bottles barbecue sauce

Spray pans with Pam. Salt and pepper meat. Pour sauce over meat, add a little water (1/2 - 1 cup). Cover with foil. Cook at 250 to 300 degrees for 5 hours or more. After 3 or 4 hours, look at the meat and baste it. Return to oven and continue cooking. Adjust oven so that meat cooks slowly.

Cane Creek Baptist Church

Wednesday Night Cookbook

MEAT LOAF (48 Servings)

12 lb.. ground beef	4 medium size onions
4 eggs, beaten	2 1/4 tsp. salt
4 cups fresh bread crumbs	3 tsp. pepper
	3 cans tomato sauce

Lightly mix ingredients and form a loaf. Place in shallow pan in moderate oven, 350 degrees. While its starting to bake, combine the following to make your prize-winning tart sweet gravy.

3 cans tomato sauce
8 oz. water
1 cup vinegar
1 cup brown sugar or molasses
1 cup prepared mustard

Pour over meat loaf in oven; continue baking 1 1/2 hours longer, basting occasionally.

Anne Hawkins

EASY CHUCK ROAST (48 Servings)

12 lb. lean chuck roast	4 cans mushroom soup
4 pkgs. onion soup	Salt (optional)

Wash and prepare meat for cooking. Place roast in heavy foil. Sprinkle one half of the onion soup and half of the mushroom soup on one side of the meat. Turn meat and use the balance of ingredients. Seal foil; place roast in large casserole or iron skillet and bake at 350 degrees until done, about 5 hours or longer.

Anne Hawkins

SPAGHETTI SAUCE (Serves 100)

10 (26 oz.) cans spaghetti sauce	4 oz. Worcestershire sauce
22 lb. ground beef	Salt and pepper to taste
5 medium onions	
5 medium green peppers	7 lb.. spaghetti noodles
1 Tbsp. sugar	

Sauté onions and peppers in small amount of oil. Cook beef until done and brown stirring constantly. Drain off all fat. Mix together beef, sauce, peppers and onions. Season with sugar, Worcestershire sauce, salt and pepper. Heat to boiling. Simmer 30 minutes.

Mary Andrews, Dale Andrews

SWISS STEAK (100 Servings)

16 lb. ground beef	1 #10 cans tomatoes
5 cups chopped onion	21 slices bread (crumbed)
2 1/4 cups bell pepper	Salt and pepper to taste

Fry steak in fat until brown. Place in roasting pan and cover with remaining ingredients. Simmer at 350 degrees 2 hours or until tender.

Anne Hawkins

TURKEY OR CHICKEN LOAF (100 Servings)

14 lb. turkey cubed	1 lg. piece pimento (chopped)
1 qt. raw rice	5 cups milk
16 eggs (separated)	5 quarts broth
16 slices bread (cubed)	salt and pepper to taste

Cook rice (cool), separate eggs and beat separately. Mix all ingredients lightly, adding egg whites last and toss. Bake at 350 degrees 20-30 minutes. Cut in squares. Serve with favorite gravy.

Anne Hawkins

TURKEY TETRAZZINI (100 Servings)

5 qt. turkey gravy	4 lb. spaghetti, cooked
2 qt. cream of mushroom soup	12 lb. cooked turkey, diced
2 tbsp. salt	1/2 cup chopped green pepper
1/2 tsp. pepper	1 1/2 lb. grated cheese
1/2 cup lemon juice	

Add cream of mushroom soup to gravy. Add lemon juice and cook for 10 minutes. Combine drained spaghetti, gravy, diced turkey and green pepper. Pour into four (12x20 inch) pans and sprinkle with cheese. Bake in 350 degree oven 30 to 45 minutes.

Anne Hawkins

REAL VEGETABLE SOUP (Serves 50)

6 lb. ground beef	1 1/2 qu. tomato puree
1 1/2 heads cabbage (diced)	1 tbsp. salt
18 medium potatoes (diced)	1 1/2 tsp. pepper
12 small onions (diced)	6 cloves of garlic
1 No. 10 can peas	3 gal. water
1 No. 10 can tomatoes	

Make ground beef into small balls, seasoned with salt and pepper. Place beef balls in bottom of kettle. Add remaining ingredients. Cook slowly 45 minutes.

Anne Hawkins

BAKED BEANS (Serves 100)

4 gal. pork and beans	1 large jar mustard
3 boxes brown sugar	1 bag onions

Chop onions very fine. Mix all ingredients well. Bake at 375 degrees for several hours.

*Decie Kenyon, Jewel Crawford,
Marybelle Kirk*

CRANBERRY SALAD (Serves 80)

9 small Pkg. Orange Jello	3 lg. cans crushed pineapple
3 cans whole cranberry sauce (not jellied)	Chopped nuts (optional)

Dissolve Jello in 9 cups boiling water as directed. Add 6 cups of cold water. Add pineapple with juice. Add cranberry sauce. Chill until set.

Frances Snipes

FRUIT CRISP (Serves 50)

8 cups any fruit (canned or fresh)	2 cups brown sugar
2 cups flour	2 tsp. cinnamon
2 cups oatmeal	2 sticks margarine

Add fruit to 2 greased 10 x 15 inch pans. Mix dry ingredients and sprinkle over fruit. Pour melted margarine over dry mixture. Bake at 375 degrees for 30 to 40 minutes.

Cane Creek Baptist Church

Wednesday Night Cookbook

HAWAIIAN BEETS (50 Servings)

2 No. 10 cans beets	3 cups sugar
1 No. 10 can crushed pineapple (drained)	1 tbsp. salt
1 cup cornstarch	1/2 cup butter
	1/2 cup vinegar

Heat juice and seasoning. (Reserve 1 cup of juice to blend with cornstarch.) Stir in cornstarch mixture and cook until mixture is glossy. Fold in beets, pineapple and butter. Heat thoroughly.

Anne Hawkins

MARSHMALLOW FRUIT SALAD (Serves 100)

4 lg. pkg. pkg. cream cheese	4 #303 mandarin orange slices
4 lg. pkg. Angel Flake Coconut	8 lg. pkg. miniature
8 #303 cans pineapple chunks,	marshmallows
well drained	

Have cheese soft, mix into coconut. Add pineapple and marshmallows. Add oranges last to prevent breaking. Mix the night before using.

Anne Hawkins

POTATO SALAD (Serves 100)

30 lb. potatoes, diced	6 big jars pimento
2 quarts mayonnaise	4 dozen eggs (boiled)
1 lg. jar sweet chopped pickles	2 bunches celery

Cook potatoes until soft and drain well. Add other ingredients mixing well. Make ahead so that ingredients can blend.

Jewel Crawford

Decie Kenyon, Marybelle Kirk

SLAW (Serves 80)

8 heads cabbage	8 tsp. salt
8 cups sugar	4 cups cider vinegar
8 tsp. black pepper	4 cups catsup

Prepare the cabbage for slaw. Sprinkle sugar on cabbage and let sit until watery (minimum 30 minutes). Add pepper, salt, and vinegar. Add catsup (add more if needed). Chill at least 24 hours. Stir before serving.

Susan Nichols

CHERRY YUM-YUM (100 Servings)

8 cups Graham cracker crumbs	4 (8 oz.) pkg. cream cheese
4 sticks butter	4 cups milk
4 boxes (9 Oz.) dream whip	4 No. 303 cans cherries

Mix graham cracker crumbs and butter. Put in bottom of pan. Cover with cherries. Mix Dream Whip, cheese and milk. Put on top.

Anne Hawkins

COCONUT CAKE

Make 6 of the following to feed 100

1 Duncan Hines White Cake

Mixes

Icing:

1 (6 oz.) package frozen coconut

3/4 cup sugar

1 1/2 cup milk

1 container Cool Whip

Mix cake mix as directed on box and bake in 9x13 inch pan. Top with icing while still hot.

Icing: Bring sugar, milk, and 1/2 package coconut to a boil. Simmer 10 minutes. Pour over cake while cake and coconut mixture are still hot.

When cool, top with Cool Whip and remaining 1/2 package of coconut.

Mary Andrews

GUIDE TO QUANTITY SERVING - For 50 People

6-8 two-quart casserole dishes, with meat or fish base

6-8 medium size bowls of salad

1 quart salad dressing

5 one-pound loaves sliced bread

6 dozen rolls

7 loaves French bread

5 eight-inch layer cakes

4 oz. bulk tea to 2 1/2 gallons water

12 1/2 quarts sweet milk

2 pounds coffee - when allowing 2 cups for each person

2 pounds cube sugar

1 pound granulated sugar

Coffee cream - 2 quarts homogenized milk with two 14 1/2 oz. cans evaporated milk.

4 No. 3 (46 oz.) cans fruit or vegetable juice for appetizers

5 medium size heads of lettuce for garnishes or salad base

8 medium size heads of lettuce for full salad

3 12 oz. bottles chili sauce to mix with 1 quart mayonnaise for Thousand Island Dressing

15 - 20 pounds potatoes for mashing

2 gallons punch

*Wisdom
from
the
Past*



HOME REMEDIES AND HOUSEHOLD HINTS

*The following is a careful compilation of tried and approved recipes and hints by the
LADIES AID SOCIETY OF PRESBYTERIAN CHURCH, Chipley Florida.*

**From a cook book compiled in 1912 and submitted by
Satira (Cookie) Wilson from her mother:**

CROUP--Melt butter and molasses together and give until child vomits. Very easy and very sure.

FOR CROUP IN CHICKENS--Hog's lard and sulphur equal parts, or dry sulphur blown down the fowl's throat.

QUINSY--Tar spread on the throat and quite up under the ears; cover with a cloth and go to sleep, and wake up well. Only a brown stain will remain; it is easily washed off and is a sure relief. Recommended for diphtheria or scarlet fever.

TO STOP NOSE BLEEDING--Place a penny between the upper lip and teeth; hold there a few minutes. Never fails.

RECIPE FOR QUARRELING--Take a root of sassafras and steep in a pint of water and put in a bottle and when your husband comes in to quarrel, fill your mouth with it and hold until he goes away. A sure cure.

TO BEAUTIFY THE HAIR--Put 1 ounce pulverized sulphur into 1 quart rain water, shake well every few hours, then pour liquid off and saturate the scalp every morning. Cures dandruff and falling out of hair.

CURE FOR ALCOHOLISM--In the morning before breakfast, an orange should be eaten, one about 9 o'clock, one before dinner, one before supper and one before retiring; continue for one week. The second week 4 oranges per day will be sufficient, the third week 3 and the fourth week the tippler won't be able to bear the smell of alcohol.

DISINFECTANT--Chloride of lime, as well as being a disinfectant, is useful to drive away rats from cellars.

WHEN PEELING ONIONS begin at the root end and peel upwards and the onions will scarcely affect your eyes at all.

WHEN MASHING POTATOES use hot milk, and if you have been in the habit of using cold, you will be surprised at the difference in its lightness.

NEVER ATTEMPT TO MAKE JELLY in damp or cloudy weather if firmness or clearness is desired.

TO KEEP FLIES FROM HORSES--Take two or three handful of green walnut leaves, pour over two or three quarts of soft cold water; let stand one night, pour in a kettle and boil fifteen minutes. When cold, wet a sponge and before the horse goes out of the stable, let those parts which are most irritated be washed over with the liquid.

CHICKEN LICE--The bet remedy for lice in poultry houses is to add one pound of concentrated lye to a boiler of soap suds, and apply hot on the walls, floors and roofs of the houses. All lice and nits will then be destroyed. If the roosts are suspended by rods from the rafters and not allowed to touch the sides of the house, there will be less trouble with lice.

RHEUMATISM CURE--Five cents worth nitre potassium, twenty cents worth iodide potassium, in one pint water. Take one tablespoonful three time a day before each meal. If followed as directed will cure without fail.

TO STOP HICCOUGHS--Put a few drops of good, cider vinegar on a lump of sugar. Let dissolve in mouth.

RULE FOR STAINS--A good standing rule for stains should be tacked up on the wall of every kitchen. Use hot water and no soap for all fruit stains. Use cold water and soap for tea, coffee and cocoa stains. A little though and knowledge along this line would save an immense lot of trouble and result in better looking table linen.

HOW TO PRESERVE A HUSBAND

Be careful in your selection; do not choose too young, and take only such as have been reared in a good moral atmosphere. Some insist on keeping them in a pickle, while others keep them in hot water. This only makes them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles and flavored with kisses to taste; then wrap them in a mantel of charity, keep warm with a steady fire of domestic devotion and serve with peaches and cream. When thus prepared they will keep for years.

BREAD

*"But tho' so much of learning had been crammed into her head,
She couldn't for the life of her compound a load of bread."*

When a well-bred girl expects to wed,
'tis well to remember that men like bread,
We're going to show the steps to take,
So she may learn good bread to make.

First, mix a luke warm quart, my daughter,
One-half of milk and one-half of water;
To this please add two cakes of yeast,
Or the liquid kind if preferred in the least.

Next stir in a teaspoonful of nice clear salt,
If this bread isn't good, it won't be our fault,
Now add the sugar, tablespoonfuls three,
Mix well together, for dissolved they must be.

Pour the whole mixture into an earthen bowl,
A pan's just as good, if it hasn't a hold.
It's the cook and the flour, not the bowl or the pan,
That "makes the bread that makes the man."

Some people like a little shortening power,
If this is your choice, just add to the flour
Two tablespoonfuls of lard, and jumble it about,
'till the flour and lard are mixed without doubt.

Next stir the flour into the mixture that's stood
Waiting to play its part to make the bread good,
Mix it up thoroughly, but not too thick;
Some flours make bread that's more like a brick.

Now grease well a bowl and put the dough in,
Don't fill the bowl full, that would be a sin;
For the dough is all right and it's going to rise,
'Till you will declare that it's twice the old size.

Brush the dough with melted butter, as the recipes say;
Cover with a bread towel, wet in a warm place to stay
Two hour or more, to rise until light,
When you see it grow, you'll know it's all right

As soon as it's light, place again on the board;
Knead it well this time. Here is knowledge to hoard.
Now back in the bowl once more it must go.
And set again to rise for an hour or so.

Form the dough gently into loaves when light.
And place it in bread pans, greased just right.
Shape each loaf you make to half fill the pan,
This bread will be good enough for any young man.

Next let it rise to the level of pans--no more,
Have the temperature right--don't set near a door.
We must be careful about draughts, it isn't made to
freeze,
Keep the room good and warm--say seventy-two degrees

Now put in the oven; it's ready to bake;
Keep uniform fire, great results are at stake.
One hour more of waiting and you'll be repaid
By bread that is worthy a "well-bred maid."

"We may live without poetry, music and art;
We may live without conscience and live without heart,
We may live without friends, we may live without books,
But civilized men cannot live without cooks.
He may live without books--what is knowledge but grieving?
He may live without love--what is passion but pining?
He may live without hope--what is hope but deceiving?
But where is the man that can live without dining?"
--Owen Meredith.

RECIPE FOR A HAPPY DAY

Take a little dash of cold water,
A little leaven of prayer,
A little bit of sunshine gold
Dissolve in morning air.
Add to your meal some merriment
Add thought for kith and kin,
And then, as a prime ingredient,
A plenty of work thrown in.
Flavor it all with essence of love
And a dash of play.
Let the dear old Book, and a glance above
Complete the well-spend day.

TABLE OF EQUIVALENTS

Dash	-----	2-4 drops
3 teaspoons	-----	1 tablespoon
4 tablespoons	-----	1/4 cup -----2 fluid ounces
1 cup	-----	1/2 pint -----8 fluid ounces
2 cups	-----	1 pint -----16 fluid ounces
4 cups	-----	1 quart -----32 fluid ounces
2 pints	-----	1 quart -----32 fluid ounces
4 quarts	-----	1 gallon-----128 fluid ounces
2 tablespoons	-----	1 ounce-----1/8 cup
4 tablespoons	-----	2 ounces -----1/4 cup
2 cups	-----	16 ounces -----1 pound
1 pound rice (2 cups uncooked)	-----	6 cups cooked
1 pound macaroni uncooked	-----	8 cups cooked
1 pound spaghetti uncooked	-----	10 cups cooked
1 pound cheese	-----	4 cups grated
1/4 pound cheese	-----	1 cup grated
1 cup soft bread crumbs	-----	2 slices bread
1 cup fine dry bread crumbs	-----	4-5 slices bread
1 cup fine graham cracker crumbs	-----	14 crackers
1 cup vanilla wafers	-----	22 wafers
1 (8 oz.) carton cottage cheese	-----	1 cup
1 (8 oz.) carton sour cream	-----	1 cup
1 small can evaporated milk	-----	2/3 cup
1/2 cup heavy cream	-----	1 cup whipped cream
1 (6 oz.) pkg. chocolate pieces	-----	1 cup
1 pound sugar	-----	2 cups
1 pound confectioners' sugar	-----	4 cups sifted
1 pound box brown sugar	-----	2 1/4 cups packed
4 medium potatoes	-----	4 cups sliced or diced
1 large onion	-----	1 cup chopped
1 large carrot	-----	1 cup grated
4 medium apples	-----	4 cups sliced or chopped
1 lemon	-----	3 to 4 Tbsp juice
3 medium bananas	-----	1 cup mashed
1 lb. cranberries	-----	4 cups
1/2 lb. coconut	-----	3 cups shredded
1 (15 oz.) pkg. raisins	-----	3 cups

SUBSTITUTION CHART

FOR:**USE:**

1 tsp. baking powder -----	1/4 tsp. soda plus 1/2 tsp. cream of tartar
1 tsp. cornstarch-----	2 tbsp. flour or 1 tbsp. tapioca
1 (1 oz.) square chocolate-----	3 to 4 tbsp. cocoa plus 1 tsp. shortening
1 2/3 oz. semisweet chocolate-----	1 oz. unsweetened chocolate plus 4 tsp. sugar
1 cup honey-----	1 to 1 1/4 cup sugar plus 1/4 liquid or 1 cup molasses or corn syrup
1 cup sweet milk-----	1 c. sour milk or buttermilk plus 1/2 tsp. soda
1 cup sour milk-----	1 c. sweet milk plus 1 tbsp. vinegar or lemon juice or 1 c. buttermilk
1 cup buttermilk-----	1 cup sour milk or 1 cup yogurt
1 cup light cream-----	7/8 cup skim milk plus 3 tbsp. butter
1 cup heavy cream-----	3/4 cup skim milk plus 1/3 cup butter
1 cup sour cream-----	7/8 c. sour milk plus 3 tbsp. butter
1 tbsp. prepared mustard-----	1 tsp. dry mustard
1 tsp. Italian spice-----	1/4 tsp. each oregano, basil, thyme, rosemary plus dash of cayenne
1 tsp. allspice-----	1/2 tsp. cinnamon plus 1/8 tsp. cloves
1 medium onion-----	1 tbsp. dried minced onion or 1 tsp. onion powder
1 clove garlic-----	1/8 tsp. garlic powder or 1/8 tsp. instant minced garlic or 3/4 tsp. garlic salt or 5 drops liquid garlic
1 tsp. lemon juice-----	1/2 tsp. vinegar

GENERAL OVEN CHART

Very Slow Oven-----	250 to 300 degrees F.
Slow Oven-----	300 to 325 degrees F.
Moderate Oven-----	325 to 375 degrees F.
Medium Hot Oven-----	375 to 400 degrees F.
Hot Oven-----	400 to 450 degrees F.
Very Hot Oven-----	450 to 500 degrees F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

SIZE:	AVERAGE CONTENTS
8 oz. -----	1 cup
Picnic-----	1 1/4 cups
No. 300 -----	1 3/4 cups
No. 1 tall-----	2 cups
No. 303 -----	2 cups
No. 2 -----	2 1/2 cups
No. 2 1/2-----	3 1/2 cups
No. 3 -----	4 cups
No. 10 -----	12 to 13 cups

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